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FOR BUSINESS GIRLS

A. E. HANCKEL

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HEALTH AND BEAUTY EXERCISES

FOR BUSINESS GIRLS

BY

A. E. HANCKEL

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AUTHOR OF "THE BEAUTY CULTURE HANDBOOK"



LONDON
SIR ISAAC PITMAN & SONS, LTD.
1937

SIR ISAAC PITMAN & SONS, LTD.
PITMAN HOUSE, PARKER STREET, KINGSWAY, LONDON, W.C.2
THE PITMAN PRESS, BATH
PITMAN HOUSE, LITTLE COLLINS STREET, MELBOURNE

ASSOCIATED COMPANIES
PITMAN PUBLISHING CORPORATION
2 WEST 45TH STREET, NEW YORK
205 WEST MONROE STREET, CHICAGO
SIR ISAAC PITMAN & SONS (CANADA), LTD.
(INCORPORATING THE COMMERCIAL TEXT BOOK COMPANY)
PITMAN HOUSE, 381-383 CHURCH STREET, TORONTO

TO
THE TWO M'S

CONTENTS

INTRODUCTION

To have and to keep one's body in perfect health and symmetry of form, it is essential to have some slight knowledge of the body and its functions. But I do not wish this book to become burdened with a mass of technicalities. It is essentially for the uninitiated, for the sedentary worker seeking how to get the best out of life without being hampered by bodily disabilities, and for the person whose body is rapidly corroding through ignorance or lack of use.

We have all at some period suddenly become aware of our limitations, especially after indulging in some healthy outdoor pursuit. The sudden change from the office stool to the wide open spaces creates in us an overwhelming desire to be up and doing. Discretion then goes to the winds, and our muscles are strained to breaking point in unaccustomed exercises. This is a pen picture of the first few days of a much needed holiday. The result is usually hours of creaking and groaning, waiting for the muscles to ease up while the golden days are slipping by.

There are, of course, those who accept without question their ageing bodies as all part of what must be expected as the years go on. They accept premature ageing without giving a thought to the possibility of what might be, and what CAN BE. And so they lose all that is beautiful and worth while in life. We are all eager to get the most out of life, but generally we go about it in the wrong way. The thought of exercise taken every single morning makes us shudder.

Yet it is becoming more and more obvious that a supple body is the key-note to general health; without health nothing seems worth while. Ten minutes each day given up to exercise in a well-ventilated room, on the lines I am going to lay down, will not only maintain good health, but the muscles will be limber and ready to jump to it when the moment comes, without leaving any feeling of strain or ache. Moreover, there will be no undue muscular development from this routine.

To instance the need for physical fitness, take a glimpse at the workers on their homeward journey from office and workshop. Notice their bodily defects! The ledger clerk, with one shoulder raised, and probably a pronounced shoulder blade, is easily spotted. The seamstress has already commenced to warp that beautiful line of spinal column into an ugly uninspiring curve of round shoulders. Here also we see the pathetically narrowing chest, produced by the ever-bending forward and shallow breathing; the neurasthenic and back-aching type; the aspirin addict; the jumpy, furtive person; and too many others. Not good material for a progressive race! And yet this can all so easily be remedied by a little enthusiasm and a dash of determination.

Often I am told that daily exercises would be too great a bore—or too trying—or too devastating in cold weather. I appreciate all these excuses. But my reply is, that when one has experienced that joyous return of youthful elasticity and suppleness, and the exuberant sensation after ten minutes' quick exercise and rubbing on a cold day, an entirely new outlook is obtained. The mind, as well as the body, is rejuvenated beyond all expectation.

A woman of sixty can be supple as a girl of twenty. A game of golf, a set of tennis, or a hike, is insufficient, however laudable, to keep the body completely tuned up. Each sport develops one particular set of muscles, or perhaps it would be better to say, keeps in trim one particular group, and is therefore an insufficient basis for a state of complete poise.

It must, however, be realized that no good can be achieved by spasmodic effort. Exercise must be systematically done each day, and should be performed in the open, or in a well ventilated room.

A bathing suit gives freedom of movement, but when possible, it is best to perform the exercises stripped, allowing the air to get to the body. Before any appreciable effect is noticed (I am now speaking of people who have allowed themselves to become set) they will have to be continued for some months.

The exercises I describe are suitable for both women and children, and if carefully followed, will strengthen and tone up the whole body, keeping supple all the muscles which are likely to be called upon in work or play. It is necessary, however, to give a word of warning. Do not attempt too much at the outset. All exercises should be commenced slowly, educating the muscles to their unwonted effort, and by degrees, and as flexibility increases, introducing the more difficult movements.

It may appear at first glance that some of the exercises given in this book are too difficult for the ordinary individual. But after a few months' daily application, the reader will be astonished to find that every exercise is not only possible, but extraordinarily easy.

HEALTH AND BEAUTY EXERCISES

FOR BUSINESS GIRLS

CHAPTER I

THE DIGESTIVE SYSTEM

INDIGESTION is so common a complaint that it makes one wonder if most of us are ignorant of our internal workings or just stupid. We are all so anxious to have good skins, to be regular in our habits, and to have full-blooded veins, for this we feel is the whole kernel in the nut shell—the secret of good health. Yet we treat our bodies in the most casual way, and expect them to function perfectly. Some knowledge of the structure of the body is essential. The alimentary canal, better known as the digestive system, is made up of the following: the mouth, gullet, intestine, liver, and kidneys. Food taken in by the mouth has a long, slow journey before it reaches the end of the large intestine. When it is realized that the intestine itself is about thirty feet in length some idea is gained of the work to be done by the digestive juices before food is evacuated from the body 24–36 hours later. From the moment food enters the mouth, until it reaches the last nine inches of bowel, it is being used for the building up of the body. As it journeys along, it becomes more and more broken up by the muscular action of the

walls which enclose it, and dissolved by the various digestive juices which act upon it.

All along this digestive tract the food is being absorbed into the blood stream by tiny veins, and carried away to a larger channel. When a large meal has been taken, it calls for greater action on the part of the blood stream, and frequently blood is drawn from the brain supply to help in this direction. This is the reason why we so often experience a feeling of drowsiness after a hearty meal.

The liver, which is the largest gland in the body, and a very important one too, breaks up the sugars in the food and also helps to correct deficiencies in diet, for example, by extracting a surplus of sugar taken at one meal, and storing it in readiness for the moment when a deficiency is apparent in another. It also assists us when we are especially active, by sending out some of its energy producers which it hoards for such emergencies. When, after increased physical work, we are feeling particularly exhausted, it is because this hoarded supply has given out.

The kidneys also play a part in this process of absorption. An important artery leaves the heart and goes directly to them, and they extract from the blood stream any surplus liquid which has still to be expelled. The kidneys normally work very effectively in this process, returning the cleansed blood to the heart again by a vein.

The amount of water required in the blood is governed by the temperature. In hot weather the kidneys extract less because the skin has become more active.

This then is the digestive system. Given ordinary fair treatment, it will carry on generously and without

protest. But do not imagine that you can take liberties with it just because it is amenable to small irregularities. When it does protest, it does so with but little warning. The result is most unpleasant, and certainly not worth those extra indulgences.

Our commonest foe is indigestion. By this term we imply that the food is insufficiently digested. In the early stages indigestion can probably be corrected, but when it has become chronic it requires the services of a doctor. The simpler forms of indigestion are often due to insufficient mastication. Most young people bolt their mid-day meal and then wonder why their cheeks become deep crimson during the afternoon.

Over-eating is another grave fault, and in itself is proof of unmasticated food. The very fact of chewing properly does considerably lessen the intake of food, for it would be practically impossible for people to eat too much without knowing it, if the food were fully masticated. Bolting food is a habit. Thorough mastication can also become one, which, when acquired, lasts. It will be found that more pleasure is to be got out of eating in this way, considerably more benefit, and that there is certainly less intake of food. Eating between meals, even if only a few chocolates, or an apple (which, by the way, is food) may also cause indigestion. Rest is needed by the digestive system, and at least four hours should elapse between meals. Excitement, nervousness, fatigue, all prevent the proper assimilation of food, and while under the influence of such conditions it is best to abstain from meals.

The very prevalent habit among many people to-day of indiscriminately swallowing aspirins at any odd moment is a common cause of indigestion. If they

must act in this ill-advised way they would do well to dissolve the tablets first in a little water to which a quarter of a teaspoonful of bicarbonate of soda has been added. There are many too, who, seeking relief from indigestion, rush to patent foods, and imbibe large quantities of some malted preparation advertised as a predigested food. Malt has the power of turning starch into sugar; but very few people suffer on account of the starchy part of their food supply. Therefore, in most cases, they are not helping themselves at all. Plenty of hot water, with perhaps a little peppermint or ginger, will relieve the condition. But again, bicarbonate of soda will prove its value, and, when acidity is present, nothing is really more effective.

Indigestion goes hand in hand with constipation. Although the latter is not always the direct result of undigested food, it is largely influenced by it. Generally speaking, it is our own fault if we get into this condition where the bowel refuses to function regularly, and nothing is more conducive to ill health.

The bowel works in rhythmic manner, and likes to be emptied at a regular hour and not left to haphazard treatment. But it will not work correctly unless given a certain amount of roughage, which is to be found in all vegetables and is the indigestible part known as cellulose. This passes through the bowel, helping to carry away the other waste matter. Fruit acts in much the same way as vegetables, but is better in that it is more often eaten raw, whereby valuable vitamins are left intact. To ensure a ready response from the bowel, roughage *must* be present. Milk, for instance, although an admirable and almost complete food in itself, is practically devoid of roughage, being nearly all

absorbed by the body. White bread is also deficient in this way, and that is one of the principal reasons for eating brown bread. A healthy tone to the bowel can be maintained only by seeing that an adequate supply of roughage is taken at each meal.

Aperients should be regarded as a last resource. They are an unnatural means of correction, and, if taken indiscriminately, will only tend to further the distress. The habit of dosing children each week with aperient medicine is pernicious, and very often is the direct cause of a sluggish bowel in later life. In cases of great obstinacy, however, and to assist the roughage in its work of elimination, an excellent aperient which can be made up at home is—

½ lb. Figs (dry).
½ lb. Prunes (uncooked).
½ lb. Raisins (with seeds).
1½ oz. Senna (powder).
2½ oz. Olive Oil.

Stone the prunes, and put all the fruit through a mincer as finely as possible. To the minced fruit add the powdered senna and olive oil and mix very thoroughly. Place in a covered jar and allow to stand for about a week, when it will be ready for use. This confection is pleasant to take, and not only assists the functioning of the bowel but has no after-effects, and can be gradually lessened in dosage as regular bowel action reasserts itself. Children love it. The usual dose is one good teaspoonful for adults and half this amount for children.

CHAPTER II

DIET

A FEW words upon the vexed question of food will not be considered irrelevant to the subject of physical culture. They are closely connected, and as one meets so many food faddists, a little consideration of the food problem will not be amiss.

Choice of diet should be based on facts rather than on fads, and the old saying that "What is one man's meat is another man's poison" goes very near the truth. We have with us food reformers of every description—anti-meat, anti-sugar, anti-potato fanatics—preaching their doctrines of health to all who are endeavouring to find that elusive secret of eternal youthfulness and well-being. If only we could appreciate it more, common sense, together with a little knowledge to balance, would guide us fairly accurately; for, providing we are organically healthy, we can live on a great variety of foods without harm—*if we do not over-eat.* The less food we consume, consistent with the necessary sustenance for the body, the better. But in eating frugally we must see that our meals are balanced, containing all that is essential to body building and vitality. Malnutrition is not generally produced so much from lack of food as from a deficiency of the right sort of foods.

Dietetics, in the broad sense of the word, is proving that a mixed diet is by far the most satisfactory for normal people, and a mixed diet means the inclusion of the various constituents necessary to body building

and repair. They are known as proteins, carbohydrates, fats, mineral salts, vitamins and water. These various elements are to be found in all dairy produce, vegetables, and fresh fruit. For many, unfortunately, fresh fruit is practically eliminated from the diet owing to cost. If only fruit could be regarded, as it should be, more as a necessity than a luxury, and used now and again as an alternative to pudding, it would do much to promote health in every way.

Most of us are now alive to the importance of the different vitamins to health. We have only to scan the daily papers to see a host of advertisements stressing the quality of various patent and tinned foods which are claimed to be abounding with vitamins from A to F. But it is well to remember that most vitamins are destroyed by heat, and that the best way of procuring an adequate supply is from fresh animal fats, fruit, and vegetables.

The careful housewife who has to exercise discretion in the weekly food bills is apt to err on the side of bulk, which is of course understandable. A ravenous family must be fed, and to satisfy their appetites, large quantities of white bread, potatoes, and rice find their way into the diet, really owing to the fact that the weekly joint is so expensive. This joint, which is far more costly than is at first apparent, is served up under various guises for two or three days. Meat recooked has practically little or no food value, and is, moreover, highly indigestible. Therefore, only one meal of real nutriment is derived from the weekly joint.

Instead of four or five shillings being laid out every week for a large piece of meat, more enticing meals with better food value could be obtained by purchasing

small quantities of fresh meat and adding beans or peas. These would not only equal the former in bulk, but would give the same amount of protein and a greater food value at about half the cost. Valuable mineral salts can be preserved by cooking vegetables conservatively, or by keeping the water in which they have been boiled, and using it in stews, soups or gravies. Excellent soup can be made with this water by the addition of two pennyworth of bones. Where expense is not a factor to be reckoned with, the tendency is usually to err on the side of an over-abundance of protein, which only means additional work for the kidneys.

With children we usually find an insatiable appetite for sweets. This is natural owing to their tireless expenditure of energy. Chocolate, barley sugar, and toffee can always be introduced with very good results as a finish to a meal. But it is better to avoid giving sweets between meals. Young people require an abundance of food containing that very essential vitamin "A" which promotes growth and affords protection from infectious diseases. And this is where dairy produce, fruit and salads come to our aid. Tinned foods should be used very sparingly, and where possible fresh foods should take precedence. Pickles and chutneys should be used with discretion, being replaced by green salads at every opportunity. By so doing, faulty complexions and sallow skins would soon be restored to health, and added vigour given to the body.

CHAPTER III

THE SPINE

BEFORE attempting a course of muscle exercises the spine should be treated first, then the lungs, and then should follow muscular training; all else is of an auxiliary nature. Each particular joint in the column of the backbone must be free. One must be able to stretch and bend easily in wide movements before any other exercises are considered.

Have you ever watched an infant doing instinctive physical culture? If not, do so at the first opportunity. Admittedly, an infant's joints are supple and the bones are green, but to a great extent we could emulate the child if our habits were natural and free from the trappings of conventional living. Watch how the spine is brought into action, writhing, stretching, and bending.

Unfortunately, our spines have suffered ever since man first elected to stand erect, many thousands of years ago. The very fact of this upright carriage is sufficient to retard spinal mobility. We stand erect, we practically sit erect, and in our sleep there is very little variation in this spinal attitude. Again, watch how a dog instinctively uses the spine. During sleep his body is completely circled, and upon waking he stretches his entire length, right to the end of his taut little tail. The back is then bent inwards in a further stretching.

I want as far as possible to keep these pages free from technicalities. But it is, unfortunately, necessary to use the technical terms given to the backbone, in order to

avoid confusion; and so that the importance of the spinal column may be fully understood. A sketch of its build is here shown.

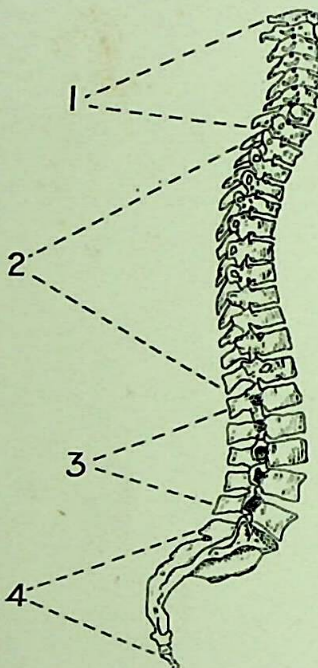


Fig. 1

(1) 7 cervical vertebrae which form the neck
(2) 12 dorsal
(3) 5 lumbar
(4) The sacrum or tail of vertebrae

The backbone, as most of us know, is made up of separate joints which are called vertebrae. Altogether they number thirty-three. The first seven, starting from the head, are called cervical. If you place your hand at the back of the neck you will feel a lump, and from that prominence start the twelve dorsal vertebrae. Next come five lumbar, followed by five sacral and four coccygeal vertebrae. The two latter sets are fused into one solid bone, so our attention may therefore be directed upon the twenty-four upper vertebrae.

Between each one of these joints is a cushion of cartilage, or gristle, which acts as a buffer for shocks, etc., and also gives freedom of movement. These discs of cartilage, if they were all put together, would be one-fourth the length of the spinal column. Many people imagine that the spine is straight, but this is not so. It has four natural

curves, bending outward at the cervical, inward at the dorsal, outward again at the lumbar, and then another inward curve comes at the tail. It will be noticed how the joints of the lumbar vertebrae are more widely spread than the others, which allows a greater range of movement at this part of the spine. In the dorsal vertebrae, where the space is narrowed down, a large amount of rigidity occurs owing to the ribs, and this is where we must focus our attention at all times if we are to promote a healthy tone.

Running through the hole provided for it in the vertebrae is the spinal cord, which, in reality, is a continuation of the brain. This cord and the cloak of membranes which it wears for protection are supplied with small arteries which have access through spaces between the vertebrae. From the spinal cord thirty-one pairs of nerves radiate round the trunk. Therefore one will readily appreciate how necessary and important it is to keep this part of our body free from congestion.

Many of the intestinal nerves are supplied from this source, winding round the trunk to the great meeting place of the nerves known as the solar plexus, which governs the functioning of the digestive apparatus, the liver, kidneys, and so on.

The preservation of spinal movement is all-important. Each joint is always ready to respond to a strain upon it rather than to share the burden with the others, and therefore, unless great care is taken to preserve mobility, any faulty joint will only fall farther into disrepair.

Simple movements will keep the spine free and supple. But when congestion sets in through lack of use, which is a fairly frequent occurrence with the

dorsal vertebrae, superficial nerve troubles become manifest and the circulation to the spinal arteries is also

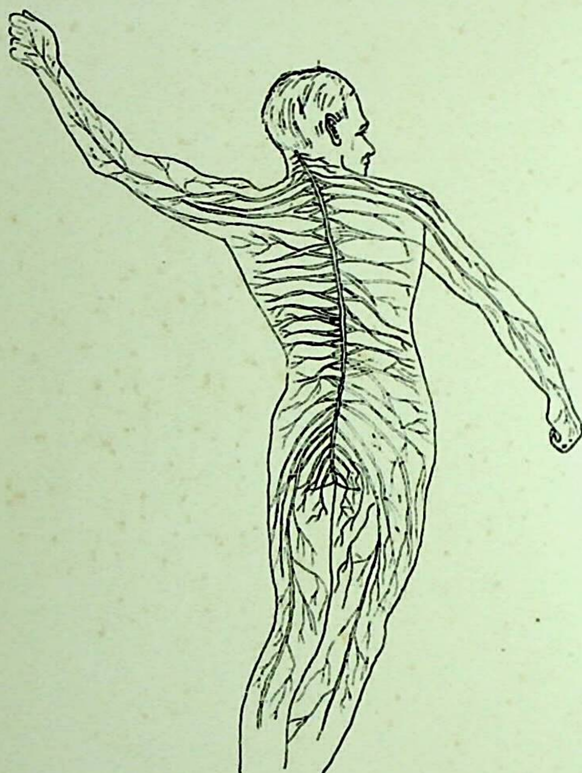


FIG. 2. SHOWING THE SPINAL CORD WITH ITS 31 PAIRS OF NERVES WHICH ENCIRCLE THE BODY

impaired. The spine is designed, despite its oddly shaped bones, to facilitate mobility. By running a finger down the backbone, we come in contact with the

small bony protuberances known as the spinous processes. Each one of these should move freely, opening or shutting as the spine is moved. When the body is erect, the processes are nearly touching each other. A fixed joint may be partially compressed or completely shut down. In the latter case, it hampers the nerve supply, and levering exercises should be undertaken. It is when these spaces between the joints become "rusted" through lack of use and the cushions are no longer elastic that a hardening of the surrounding tissues takes place, thus impeding the nutrition to the spinal cord and nerves.

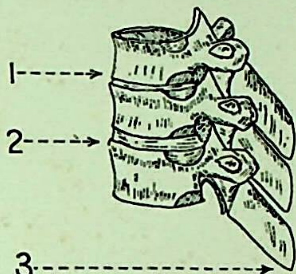


FIG. 3

(1) Cartilage compressed, causing fixed joint
(2) Normal joint
(3) Spinous processes

There is no part of the nervous system which is more subject to these serious influences than the spinal column. Rheumatism can often be located primarily in one of these joints, although the pain is usually felt elsewhere and apparently is irrelative to the spine. Diet plays a great part in the treatment of rheumatism, and outward applications of liniments are prescribed, together with various electrical treatments. Such treatments are an endeavour to check the disease, but are not a direct attack upon the cause. If these efforts at a cure are found to result only in alleviation of the trouble, it would be well to turn the attention to the spine. Look for a joint which is fixed—usually to be found among the dorsal vertebrae—and there work continuously for movement.

It must be borne in mind that these ills do not proclaim themselves quickly. (I am not alluding to sudden afflictions or accidents to the spine.) It is the slow imperceptible progressive ills, self-inflicted through ignorance, which are all that concern us in the cultivation of physical well-being. Exercises are necessary for this culture, but *not* abnormal development of muscles. Proper development of the trunk muscles, for instance, protects the internal organs against displacement, strain, and general exertion. They make a healthy person healthier and happier. Exercises which involve stretching fully have a far more beneficial effect than those involving contraction—probably because most muscles are contracted more than they are stretched in the normal way. There are certain trunk muscles which are not so readily stretched as limb muscles, and this is one of the things to be remembered.

Long hours of sitting at work should be followed by a few minutes' stretching in every direction. A feeling of well-being will ensue, for the nerve centres will respond. Merely becoming supple is insufficient. Ordinary muscular exercises do not embrace the entire body. Aim at an ability to stretch farther than is necessary for ordinary attitudes.

No one but an idiot would keep a car and expect to obtain maximum efficiency from it without giving it some little time and thought in exchange. The body is a machine, and a highly complicated mechanism at that. But, like the car, it requires attention if it is to respond in full. Both will carry on for a time without assistance, but there comes a reckoning later—a sad and generally a fairly expensive one. By practising

physical culture you will be doing the best thing possible for yourself and those who come after you. The whole object of muscular development is to procure a fit body, enabling it to withstand physical strains and creating poise and grace.

The whole secret of producing healthy muscular tone is in stretching muscle to its limit. It will contract of its own accord.

CHAPTER IV

HOW TO MAINTAIN A HEALTHY BODY

How many realize that each day a new part of us is reborn? A new cell goes to the making of the whole, and forms a complete replica of that part which has decayed and gone! It is curious to think that in one short year we are entirely remade, and that the change, whether we know it or not, is in our own hands to a large extent. We can, by our own volition, improve this physical change if we are so minded. To give a simple illustration, take the hair. Its growth and its beauty entirely depend upon bodily response. Any variation in health quickly reflects itself in the hair. But apart from this, lustre and strength can be enhanced by individual effort. And so it is with the body in its cellular make-up. Each part can be improved by observing a few of the laws of hygiene. If this knowledge can be brought home to people, that the skin is just as much an excretory organ as the bladder, a valuable step forward will have been taken. Both excrete organic and saline matter in solution. Therefore, a daily bath or sponge down is essential to our well-being, and to this rejuvenating of the body cells.

Three-fourths of the body is water and every movement is lubricated by water. It will be appreciated then, how necessary is this daily tub. Water inside and water outside, cannot be emphasized too strongly.

The body should also be permitted to breathe more freely than is usually possible under our present system of living. A daily airing is as essential and beneficial

as the bath, and when feasible, the windows should be flung wide open, winter and summer, the body stripped of clothing and the daily dozen performed. The skin in this way functions more easily, becoming increasingly active with the physical exercise, absorbing oxygen and at the same time throwing off the poisons from the body. Follow with a sponge down, but if this should be impracticable a quick friction all over with a rough towel will help considerably, and you will be rewarded by a feeling of general fitness and well-being.

The matter of clothing is also of importance. Heavy flannels and woollens are a mistake, as also is any article which is tight, or in any way impedes movement or restricts the circulation.

Most workers spend their days either in offices or workshops, where the temperature is usually about 60 degrees and therefore any extra clothing becomes more of an embarrassment than a protection, creating an overheated, lethargic condition. If the body is treated correctly, it will naturally respond to all variations in climate and it will soon be discovered that light raiment is all that is necessary for underclothing. If more attention were directed to wrapping up warmly before going out, there would be fewer colds.

A proper amount of sleep is of vital importance if we are to achieve a hundred per cent good health. Many people consider that six hours is sufficient for their needs, while others complain that they are still tired after ten hours' repose. But whether we feel refreshed or not by the time morning arrives, it is still necessary to consider whether the central nervous system has rested sufficiently. The length of time varies according to age. Most adults need little more than seven hours'

sound sleep, but during adolescence, much longer periods are necessary. An infant will often sleep as much as twenty hours out of the twenty-four, the amount decreasing as the child grows older. Usually children up to the age of ten years require at least ten to twelve hours.

CHAPTER V

BREATHING

When we have learnt how to secure a supple body, the next and most important step is a proper development of the lungs, and then we are ready to cope with any exercises, no matter how strenuous.

The chest cavity is fairly elastic owing to the fact that each bone which goes to its formation has at its base a cushion of cartilage. Each deep breath taken involves the expansion of this cushion, and when deflating the lungs it is compressed. When the lungs have been improperly used owing to shallow breathing, resulting in low air capacity, it takes some time to renew their elasticity. It is only when the lungs are efficient that they are able to carry out their work of purifying the blood, thus ensuring that the nerves are well fed.

We must, therefore, know how to expand and contract the chest to its utmost extent. It is, of course, possible for a body to remain healthy with small lung capacity, but undeveloped lungs really mean that the blood stream is insufficiently oxygenated and that the nerves are inadequately nourished. This naturally spells bodily degeneration in time. With correct lung capacity and mobility of spine, and providing your mind is easy, you will find that you will quite naturally breathe freely and deeply without conscious effort.

Remember that worry is a physical handicap and, if allowed to continue, it will slowly but surely undermine the health. The breathing will automatically

become changed into shallow unrhythmic spasms, ultimately with very ill effects on the blood, nerves, and liver.

Before commencing other physical exercises it is always best to perform one or two deep breathing exercises which need not take more than two or three minutes of your time.

EXERCISE 1. Stand erect, knees slightly bent, arms hanging loosely at the sides, and expel the air from the lungs through parted lips. Finish by contracting the abdominal muscles, almost as though in an endeavour to bring them in contact with the spine. Hold, count four. Inhale through the nose silently to fullest capacity, expanding the abdominal wall and keeping the shoulders level.

EXERCISE 2 (Fig. 4). Stand erect, expel air from the lungs, and loosely clasp hands in front. At "one" stretch them slowly outward and upward above the head. Twist palms upward. Inhale deeply. Count three slowly and then return arms forcibly, completely expelling air and strongly contracting abdominal walls.

EXERCISE 3 (Fig. 5). Stand erect, arms loosely at sides. Exhale and raise arms upward, palms facing inward. At same time raise the heels. Inhale to fullest capacity. Hold, count three. Return to first position exhaling slowly.

EXERCISE 4. Lie flat on the back with the legs flexed. Empty lungs in manner described in Exercise 1. Inhale slowly and deeply, expanding the abdominal wall and spreading the arms out sideways to shoulder level. At fullest lung capacity hold, count four, and expel air while slowly returning arms

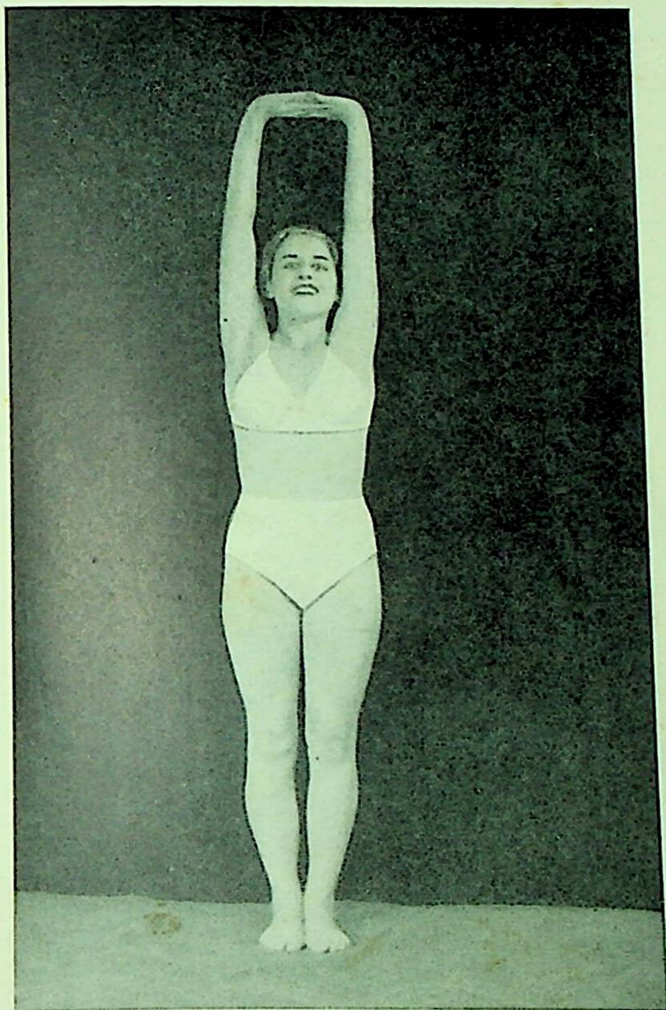


FIG. 4. HOLDING THE BREATH, BEFORE LOWERING THE ARMS

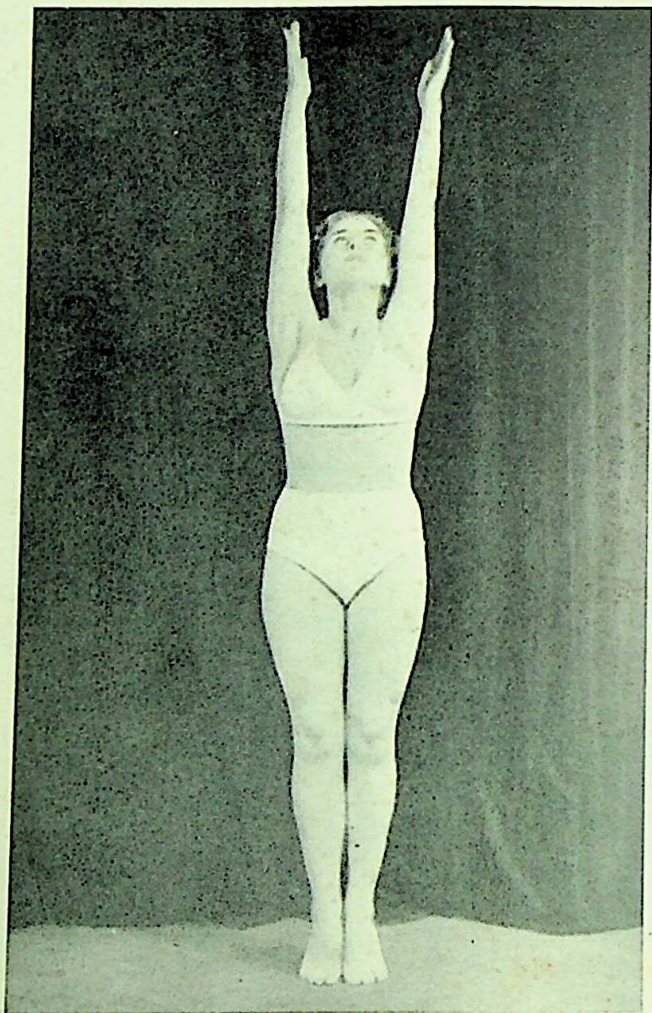


FIG. 5. DEEP BREATHING ON TIP-TOE

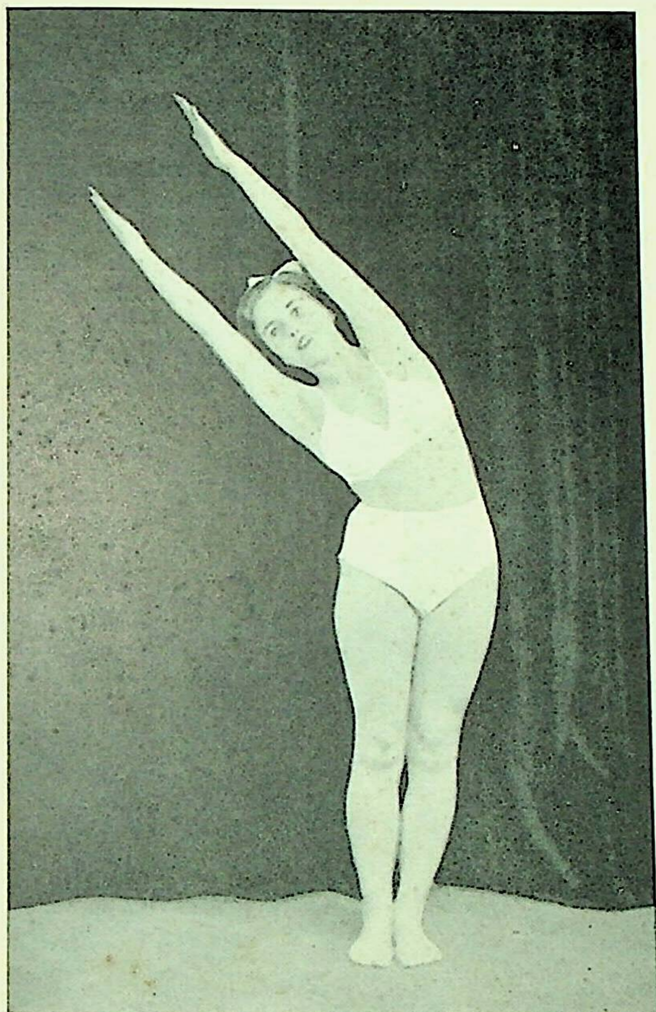


Fig. 6. Deep Breathing while Stretching the Thoracic Walls

to sides and strongly contracting the abdominal muscles at the end of the exhalation.

EXERCISE 5 (Fig. 6). Stand erect. Exhale. Stretch the arms above the head, palms inward. Inhale deeply, and, holding the breath, stretch first to the right as if in an effort to reach the highest point and then to the left. Return to first position, exhaling as arms are lowered.

EXERCISE 6. Stand erect. Exhale as before. Place the hands on either side of the thorax (chest). Gradually bend the head and dorsal vertebrae backward as far as possible, inhaling deeply at the same time. Hold, count four. Return and exhale while doing so, helping the exhalation with pressure on the thoracic walls.

CHAPTER VI

OBESITY

The problem of reduction is far more complicated than most people imagine. So many side issues have to be considered, that the subject bristles with difficulties.

First we must consider the question of age. The early obese may be suffering from glandular trouble, and only a doctor can help in such cases, exercises and dieting being of little or no avail. Then again, obesity in early middle life is often largely due to abnormal chemical changes taking place in the body which it is not an easy matter to rectify. But with care and close attention, weight can be kept from increasing unduly.

We have also the hereditary tendency to contend with, but even so, a vigilant check does keep the figure within bounds.

Apart from these, we have the woman who has been accustomed to rich food and insufficient exercise. The practice of dieting to reduce is not, generally speaking, a good one, and drug-taking as a means of reducing is hopeless. It invariably impairs the health and, more often than not, has no effect whatever on the body weight.

Of all the various methods I have at different times encountered for slimming—and believe me, they are legion—I am convinced that the surest, safest, and most satisfactory way is that of correct dieting, combined with suitable exercises.

A simple diet should be rigidly adhered to. Fats,

and carbohydrates, such as bread, pastries and sweetmeats, must be cut down drastically, but the intake of food need not of necessity be lessened. Plenty of lean grilled or steamed meat, white fish, eggs and cheese can be eaten, together with an ample supply of green vegetables or salads, and oranges to take the place of a sweet. There is no reason to starve oneself at all. A diet of this sort will not produce any variation in weight for at least two to three weeks, but, then, a noticeable change will commence. On the other hand, a little slackening from this somewhat uninteresting diet and the figure will, in a few weeks, again increase proportionately. Time enters largely in this matter of reduction. Masses of adipose tissue cannot be removed quickly, and whilst the period of dieting proceeds, exercises should be undertaken to induce a return of suppleness. This itself is no easy accomplishment. The muscles are impregnated with the fat cells, and the effort to contract or relax them is tiring and apt to make one give up the struggle. Six months' genuine application, however, will do much to create confidence. Suppleness will no longer be legendary, it will have become an actual fact, making movement itself a pure joy, and giving to the body a renewed vigour. This strengthens the urge to continue, and it is then that the task of real reduction commences. An extensive range of stretching movements must be introduced, and the greater the stretch, the better.

A beginner should commence exercises with moderation, gradually educating the muscles to the work; and, as they respond, with no feeling of strain or ache, wider stretching movements can be introduced, such as those given in the "advanced daily dozen." Remember that

if the body is to remain pliant and slim, the exercises chosen must be those which stretch the muscles to their utmost capacity.

Throughout the following exercises breathe deeply and evenly. Inhale noiselessly through wide-open nostrils, and exhale through parted lips, ending with a strong muscular contraction of the abdominal walls.

For Large Arms

EXERCISE 7 (Fig. 7). Stand erect, arms extended sideways at shoulder level, palms facing forwards. At "one" rotate arms rigidly from the shoulders so that palms face backward. At "two" return. Do not twist the wrist.

EXERCISE 8 (Fig. 8). Stand erect, raise arms sideways and upward. Close hands and, as if pulling a heavy weight, lower arms, bending at elbows until the clenched fists contract front shoulders. Repeat 5 times.

EXERCISE 9 (Fig. 9). Stand erect, arms extended sideways and flexed at elbows, hands clenched in contact with shoulders. Force out slowly and strongly. Relax. Return again as if against pressure. Repeat 5 times.

EXERCISE 10 (Fig. 10). Lie face downward, feet together, arms extended backward, hands clasped. At "one" raise body from floor pulling strongly on arms. At "two" lower. Repeat 5 times.

The above exercise, not only assists in the reduction of the arms, but is of considerable value for the thoracic muscles.

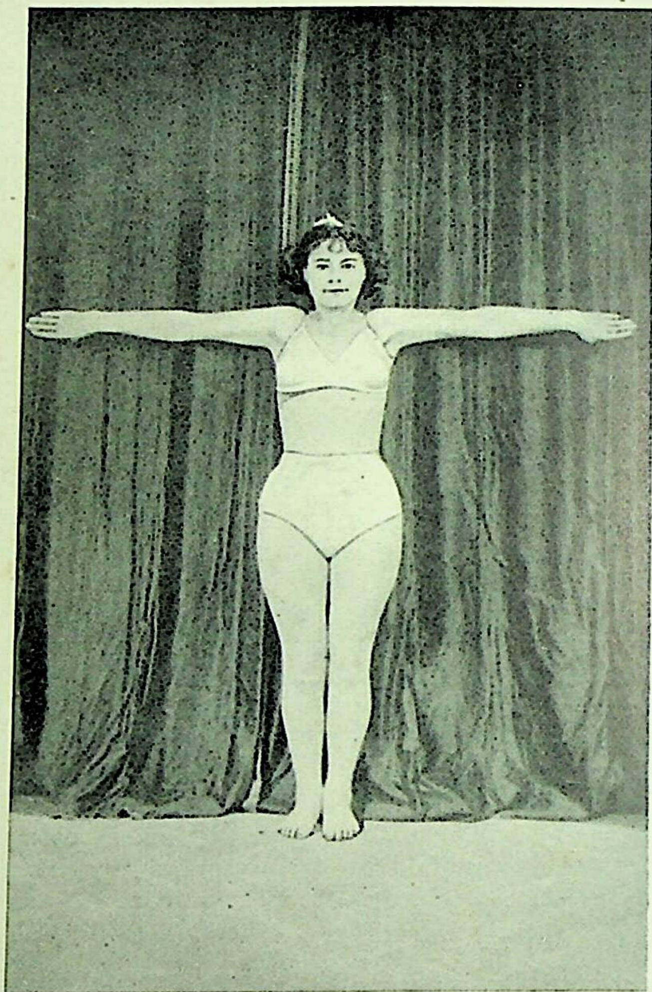


FIG. 7. ROTATING ARMS

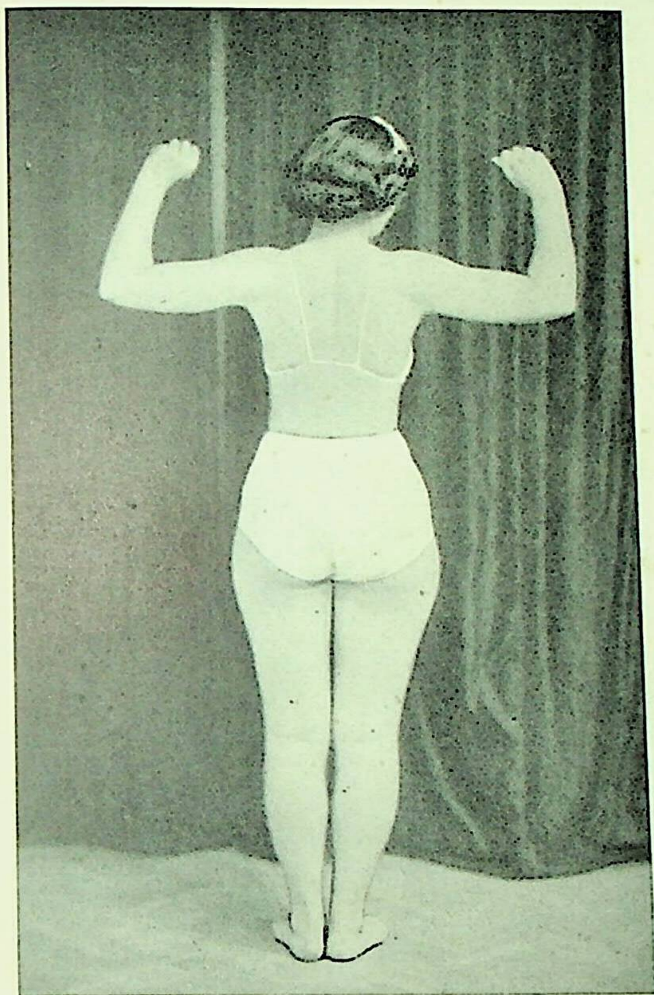


FIG. 8. NOTE THE MUSCLES BEING STRONGLY CONTRACTED AS THE ARMS ARE LOWERED

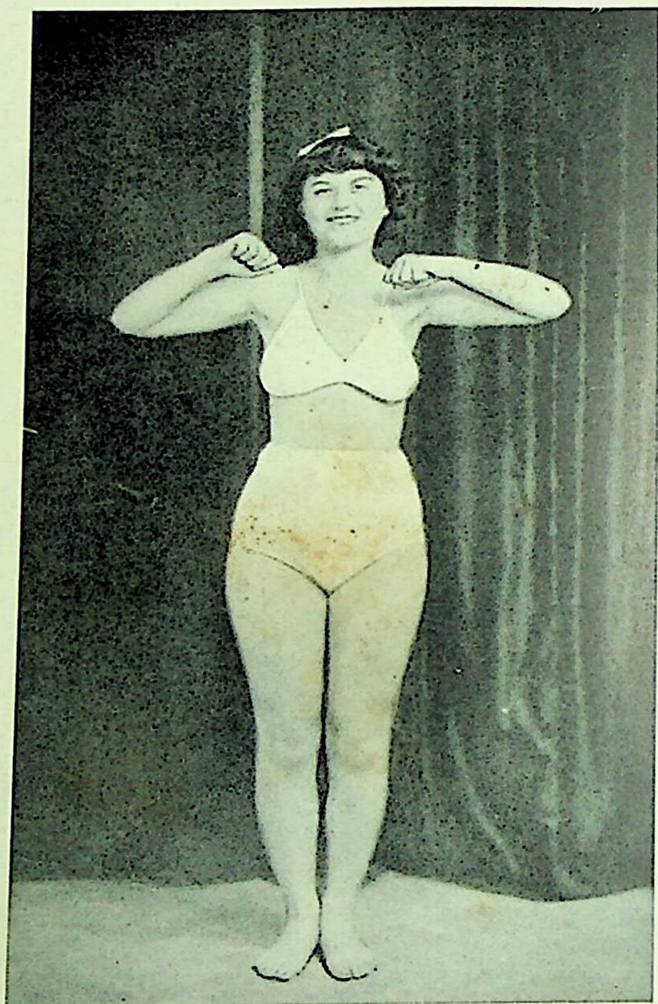


FIG. 9. HOLDING ARMS IN READINESS TO FORCE OUT SLOWLY AND STRONGLY

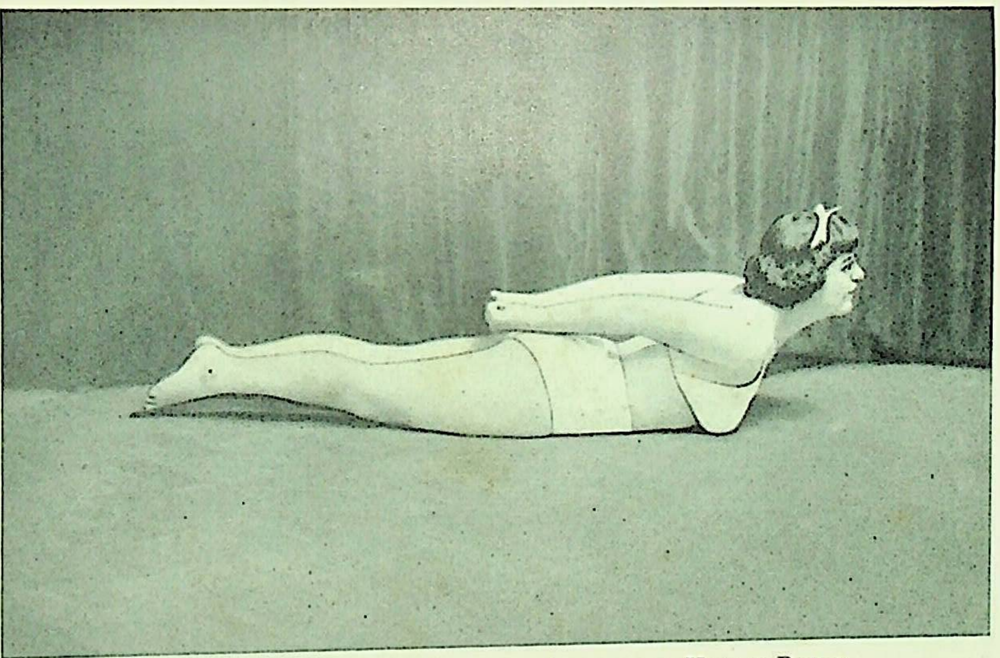


Fig. 10. Pulling Strongly on the Arms as the Head is Raised

To Decrease Girth

Exercise 11 (Fig. 11). Lie prone on floor and keeping the abdominal walls perfectly rigid, slowly raise the arms until in contact with floor beyond head. Hold, count five and return. Repeat 10 times.

Exercise 12 (Figs. 12 and 13). (*a*) Kneel, one leg extended in front. Raise arms above head, holding a balloon or a ball, and bend slowly backward, not hollowing the back. Inhale deeply without jerking or stopping. (*b*) Swing forward, exhaling and bending the extended knee.

For Reduction of the Abdominal Walls

Exercise 13 (Fig. 14). With spine touching floor, raise both legs, knees rigid to height indicated. Count two, lower to about six inches from floor. Repeat 5 times.

Exercise 14 (Fig. 15). Position as above: keeping abdominal walls rigid, swing legs in wide circles—toes extended. Repeat 10 times.

Exercise 15 (Fig. 16). As former position: with abdominal walls strongly contracted, raise both legs together, flexing knees, and draw up to the abdomen. Count three and return to first position. Repeat 5 times.

To Reduce the Buttocks

Exercise 16 (Fig. 17). Lie prone on your back, arms extended at sides, legs together. At "one" raise the legs up over the head until touching floor beyond. At "two" raise one leg again quickly to the perpendicular, toes extended. At "three" lower. Repeat the movement, in quick succession, with each leg.

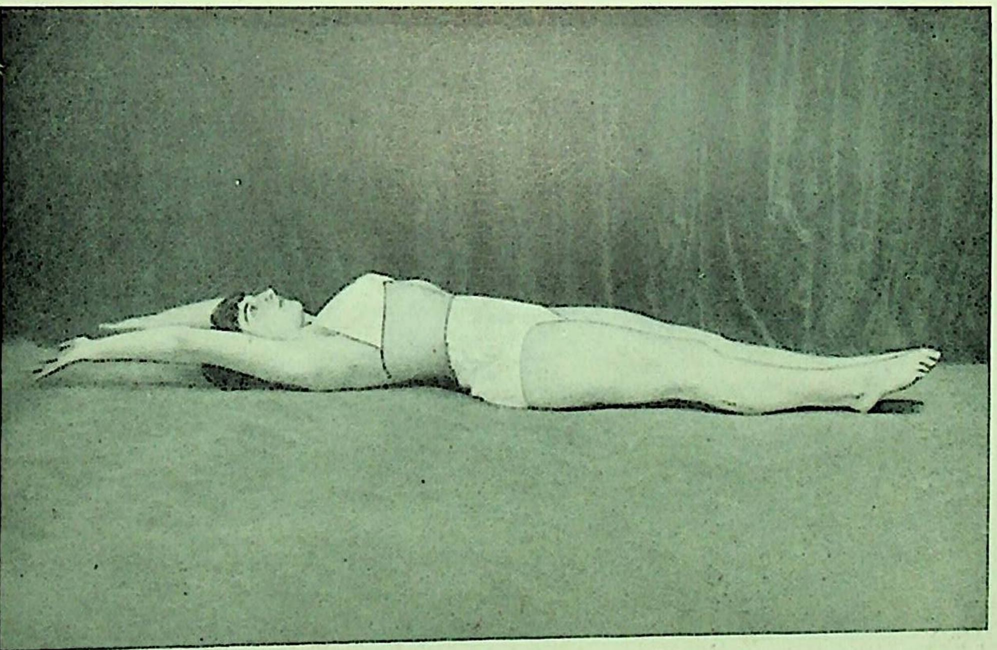


Fig. 11. Note the Rigid Abdominal Muscles

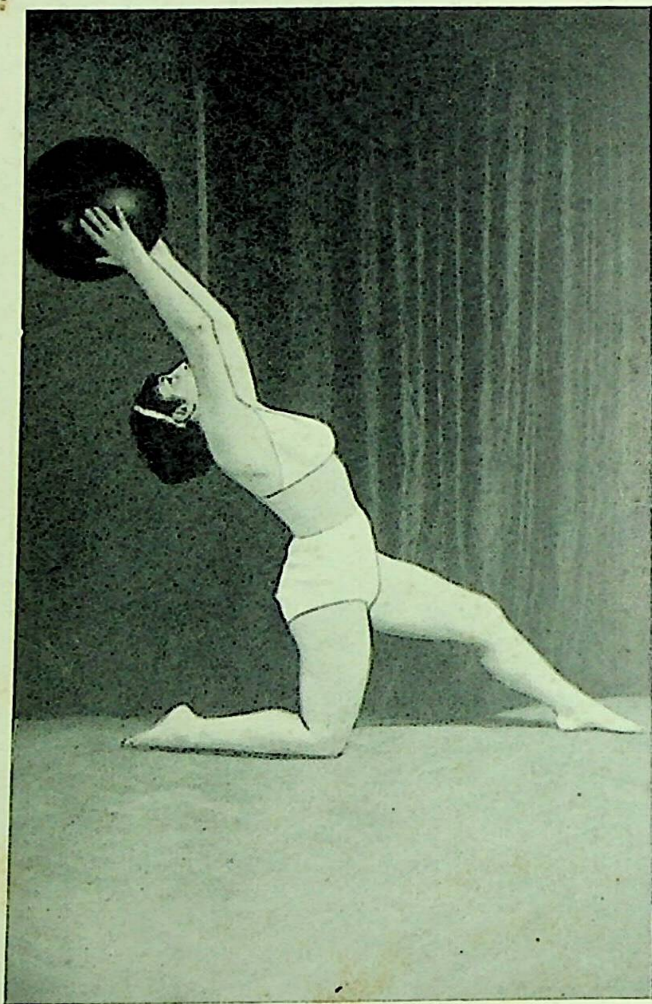


FIG. 12. (*a*) AN EXCELLENT EXERCISE FOR CREATING POISE AND GRACE

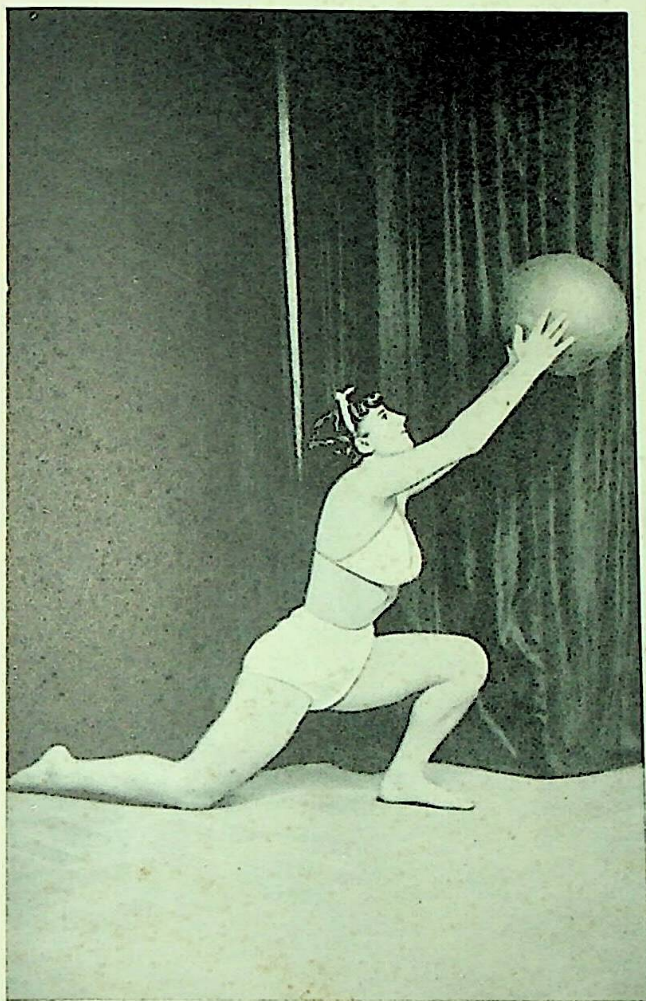


FIG. 13. (*b*) FOLLOWING THROUGH FROM THE BACK BEND

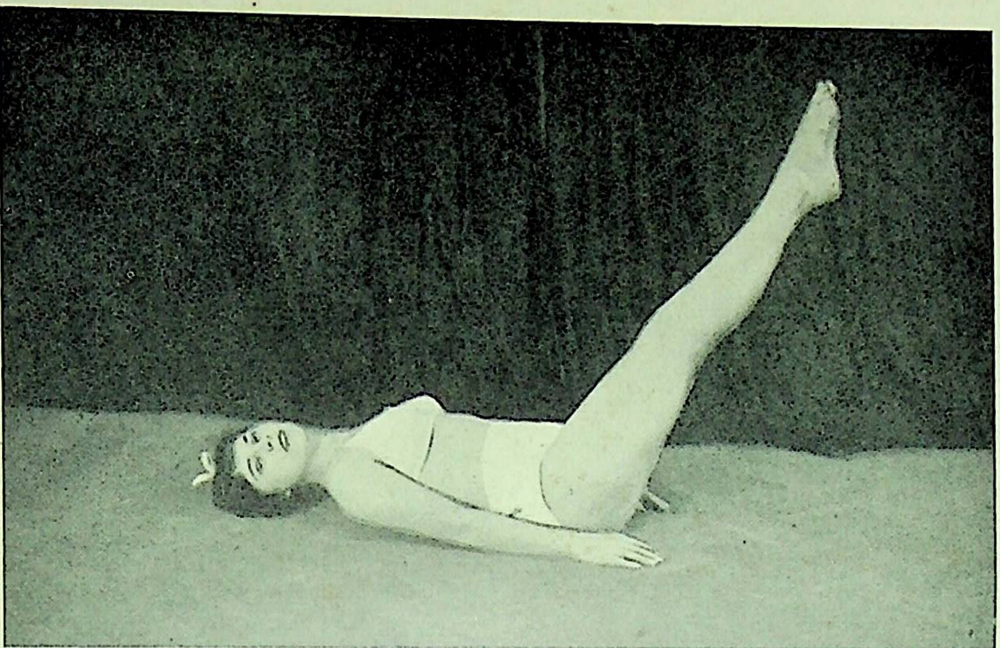


Fig. 14. During this Exercise the Abdominal Wall must be Well Contracted

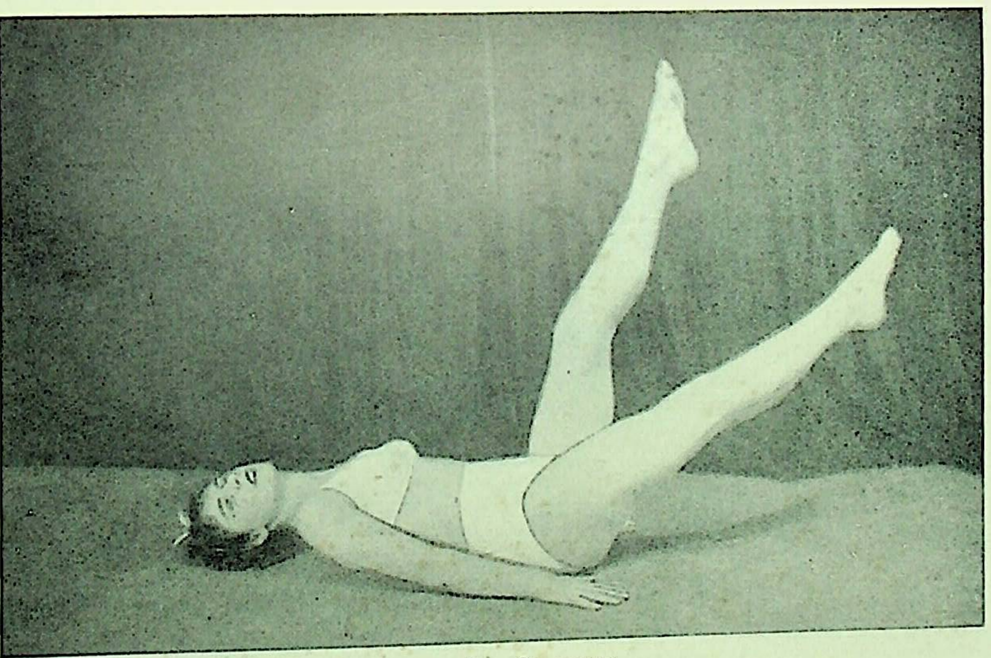


Fig. 15. Leg Swinging

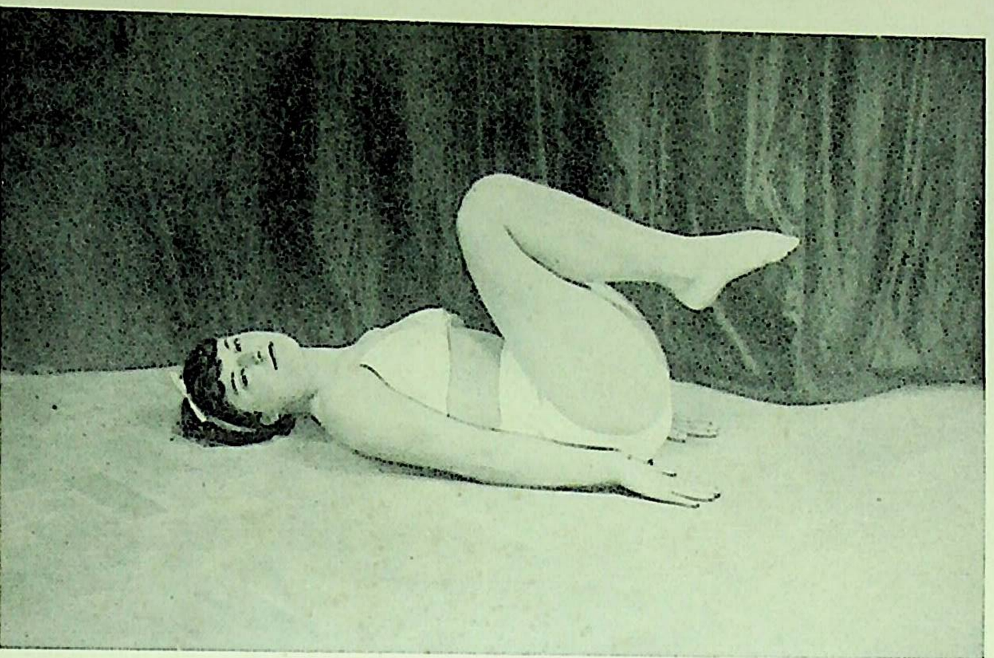


Fig. 16. Knee Flexing

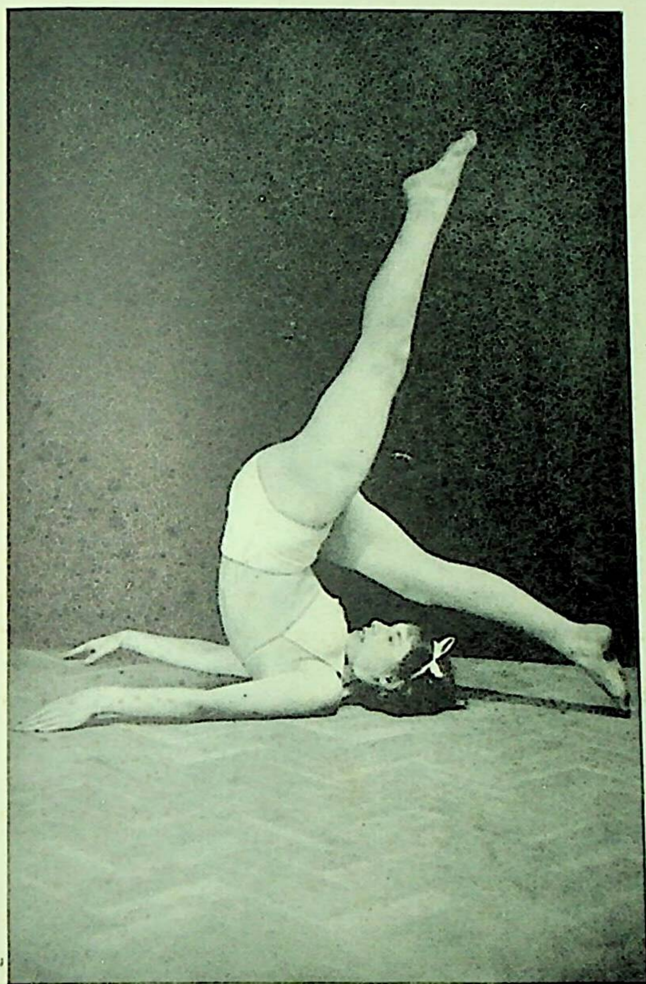


Fig. 17. Touching the Floor with Toes over the Head



Fig. 18. Holding the Body Perfectly Rigid



FIG. 19. SLOWLY LOWERING TO THE FLOOR, MUSCLES BRACED



Fig. 20. In Readiness for the Return



FIG. 21. AT "TWO" EXTEND THE ANKLE



FIG. 22. BENDING SIDEWAYS



Fig. 23. Pulling Strongly on the Upper Arm whilst Bending the Body

EXERCISE 17 (Figs. 18, 19 and 20). (*a*) Stand erect, feet together, raise heels and extend arms forward. Slowly while counting four, bend knees, lower body slowly to squatting position. (*b*) Count "three" and return slowly to first position. Flex the knees. Repeat 4 times.

EXERCISE 18 (Fig. 21). Stand erect, feet together. Raise leg about 1 ft. from floor. At "one" flex ankle, at "two" extend. Repeat 10 times each foot.

Stretching Exercises for the Waist Line

EXERCISE 19 (Fig. 22). Stand erect, feet together, arms raised. At "one" bend loosely sideways, as far as possible, and without jerking or stopping, return to first position and continue in the opposite direction. Bend from the waist only. Repeat 10 times.

EXERCISE 20 (Fig. 23). Stand erect, arms extended. At "one" grasp the left hand and pull strongly, bending the body and keeping feet firmly planted on floor. Pull over to fullest extent. Repeat 10 times each side.

CHAPTER VII

ABNORMALITIES

Most deformities could be remedied if taken in hand in the initial stages. It is these physical defects that so often breed, without our being aware of the cause, an inferiority complex which hampers us every way we turn. Unfortunately, very few will exert themselves to remedy defects which are not very apparent.

Rounded shoulders in most people could be overcome, if they would but check the habit of remaining in one set position through practically the whole of their working hours. This position, they will say, is difficult to vary, especially if the nature of the work be clerical. But frequent stretching now and again, and particularly a minute or two's thorough stretching of the spine, when the lunch hour arrives, would keep the muscles free and also brace up the nerves.

Correct posture, either sitting or standing, must be considered. It is correct neither to sit continuously upright, as if the back were a ramrod, nor in an habitually humped position. Try to visualize the spine in your mind's eye. See it as a bony structure, interspersed with "springs" which can move in all directions. And see that these "springs" are kept in working order. For example, when you drop something from your desk or table, do not bend over on to one buttock to retrieve it. Bring the spine into action, and stretch it to its utmost in picking up the object (Figs. 24 and 25).

Most people are lax in their habit of standing, but fortunately exercises will easily correct this fault.



FIG. 24. INCORRECT METHOD OF BENDING



FIG. 25. CORRECT METHOD OF BENDING

When walking, the spine should be held loosely upright, allowing plenty of room for the internal organs. Even this posture is tiring after a time, and when the body calls for a change, relax. Like everything else, a change is beneficial. The great thing is not to become static and set.

To determine the natural balance of the body when upright, place the clasped hands on the top of the head. Remove the hands and you will leave the body in a natural poise. Then walk from the hips with a free unhampered movement, keeping the body in this position and with the toes pointing straight in front.

Grace of carriage is enhanced if the shoulders move slightly in harmony with the feet. The left shoulder should slightly sway forward as the right foot advances.

When the opportunity to relax presents itself, sit back in comfort. Not on the edge of the chair, but completely on it and by so doing give the spine the full support of the chair. Forget all about straight backs and crooked backs—just relax. Often it is found that the spine becomes warped through the constant lifting of weights. So, before this has become a chronic affliction, causing one shoulder to be raised higher than the other, and often also a noticeable limp, suitable exercises should be undertaken.

Part of the spine may become permanently bent outward, inward or sideways. A sideways bend is usually caused through prolonged weight bearing. If the spinal curve is inward at the lumbar region, the abdomen in most cases will protrude. For any of these malformations, deep breathing exercises are essential. The exercises should be performed regularly and the

standing position noted and corrected. The following course of exercises will help to correct these curvatures.

EXERCISE 21. Lie on the floor, both knees flexed, and attempt to bring the spine in contact with the floor. Repeat 12 times.

EXERCISE 22. Sit on the floor, knees flexed, clasp with the arms and draw up to the abdomen. Slide the feet back again and repeat 12 times.

EXERCISE 23. Stand erect. Bend body forward without bending the knees and place the hands on the floor (finger tips will do when first attempting this exercise) and in this fashion walk round the room. Each morning.

If a humped effect in the dorsal area is becoming apparent, breathing exercises become of extreme importance; expand the chest whenever possible. Also, the following exercises will help.

EXERCISE 24. Stand erect, feet together, hands on hips, shoulders back. Bend alternately to right and left as far as possible. Repeat 5 times.

EXERCISE 25 (Fig. 26). Sit on floor at foot of bed, or against suitable support, knees drawn up and a hard cushion between shoulders. Grasp the rail of bed above your head or the support chosen, and stretch backward. Repeat until shoulders tire. Repeat each morning.

Knock-knees in adolescents is a condition often caused by too much standing and walking, or by carrying heavy weights. In the early stages much can



FIG. 26. EXERTING PRESSURE ON THE DORSAL VERTEBRAE

be done by exercising, which should be rigorously performed each day.

Exercise 26 (Fig. 27). Stand erect. Raise heels, bend forward and place hands on inside of knees. Using pressure, bend knees outward. Return to first position. Repeat 10 times.

Exercise 27 (Fig. 28). Stand on outer borders of feet, legs apart. Using outward pressure, place the hands on inside of knees, and walk along an imaginary line, keeping entirely on the borders of feet all the time.

Exercise 28 (Fig. 29). Kneel on the floor, crawl quickly, keeping knees outside hands.

Bow legs can be improved by the following exercises—

Exercise 29. Stand erect stiffly, feet together and endeavour to bring the knees in contact. Count ten and return to first position. Repeat 10 times.

Flat feet can be remedied fairly easily if taken at the outset.

Exercise 30. Walk on tip toe round the room.

Exercise 31. Walk on the outer border of the foot, toes curled in, round the room.

Exercise 32 (Fig. 30). Supporting the foot on the knee, hold the ankle firmly and stretch the foot in wide circles as far as possible. Repeat alternate directions 3 times.

Exercise 33. Place the feet flat on the floor and draw in the toes, raising the arch of the foot as high as possible. Repeat 10 times.



FIG. 27. AN EXERCISE FOR KNOCK-KNEES (1)



FIG. 28. AN EXERCISE FOR KNOCK-KNEES (2)



Fig. 29. Another Useful Exercise for Knock-knees



Fig. 30. An Exercise for Flat Feet

To facilitate these movements, and to promote a quicker return to normality, a few simple endurance exercises should be performed. Usually they can be done at any odd moment when opportunity presents itself. A too fleshy abdomen, for instance, can be considerably reduced in time, by sudden muscular contractions of the abdominal wall, holding the muscles taut for as long as possible. Bow legs can be improved by endeavouring to get the knees close together, and holding them by sheer muscular effort until they ache.

Rounded shoulders should be squared every so often, again keeping the muscles in play until they ache. These simple endurance exercises will help to restore normal carriage and posture.

CHAPTER VIII

THE NECK

No other part of the body shows the approach of middle life so quickly as the neck, and unless a little care is taken deterioration is soon apparent. It either becomes ringed with bands of fat or drops in loose flaccid folds, which is perhaps even more unsightly. The outline of the throat is far too beautiful to spoil in this way and there is really no excuse for such a condition. The few exercises necessary for keeping the muscles braced up are so simple that they can be easily performed at any odd moment.

Should, however, the neck appear too thin, a gentle rotary massage with the fingers dipped in warm olive oil, thoroughly rubbing it in, will quickly remedy this defect.

The following set of exercises will keep the neck well under control, and, if performed regularly, there need be no fear of any loss of contour.

EXERCISE 34 (Fig. 31). Keeping the shoulders level, throw the head back to farthest extent. Count one.

EXERCISE 35 (Fig. 32). Continuing exercise "one," bend the head forward so that the chin touches the chest. Do not bend the body. Repeat 5 times.

EXERCISE 36. Keeping the shoulders steady, rotate the head widely in a complete circle; change to opposite direction. Repeat 5 times each way.

EXERCISE 37. Clasp the head firmly with both hands at the back of the head. Bend forward and pull the head strongly, as if unscrewing it from the shoulders.



FIG. 31. "THROW THE HEAD BACK TO THE FARTHEST EXTENT"



FIG. 32. BEND THE HEAD WELL FORWARD

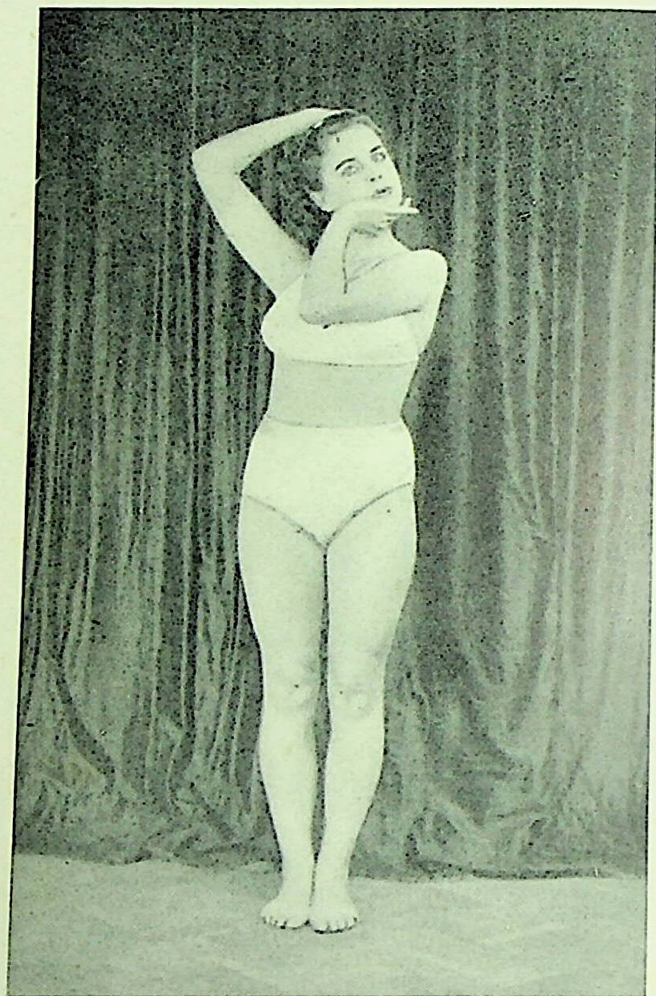


FIG. 33. COUNTER PRESSURE OF THE HANDS ON THE HEAD



FIG. 34. MASSAGING UP THE CERVICAL VERTEBRAE



FIG. 35. EFFLEURAGING THE NECK

EXERCISE 38 (Fig. 33). Hold the head as illustrated, and press firmly with the hands in opposite directions. First in one way and then the other.

EXERCISE 39 (Fig. 34). Place both hands as far down the dorsal vertebrae as possible, and as the head bends forward, slide them gently, but firmly, up the neck, in a massaging movement. Repeat 5 times.

EXERCISE 40 (Fig. 35). Keeping shoulders level, turn head sideways to fullest extent. With gentle but firm pressure of the hand hold the neck as illustrated and return the head to front position. Alternate directions 5 times.

CHAPTER IX

SPINAL EXERCISES

THESE exercises will not only promote mobility, but will also add tone to the spine, and should therefore be practised before embarking upon the more spectacular muscular exercises. Each exercise must be performed slowly and to the farthest limit, holding the body loosely so that the joints are thoroughly stirred.

EXERCISE 41 (Fig. 36). Stand erect. Raise shoulders upward and backward and clasp hands behind. Completely stretch spine by throwing back head and endeavouring to raise arms from body. At maximum of stretch bend sideways alternately.

EXERCISE 42 (Figs. 37, 38 and 39). Stand erect, feet apart, head well back. Arms hanging straight, with the hands flat against the front of the thighs, slowly bend the head forward until the chin touches the chest. Without stopping, slide the hands down in front of the legs and continue bending the spine, first the dorsal and then the lumbar, keeping the body close in, and finally lay the hands flat on the floor between the feet without bending the knees (finger tips will do for beginners). Count three and slowly uncurl to starting point, keeping a mental picture of the spine as it unfolds. First the lumbar, then the twelve dorsal on up to the cervical vertebrae.

In this flexing of the spine it is important that the body is kept well in. Bending forward as illustrated in Fig. 40 is of practically no value for the object we have in view, and is of purely muscular quality.

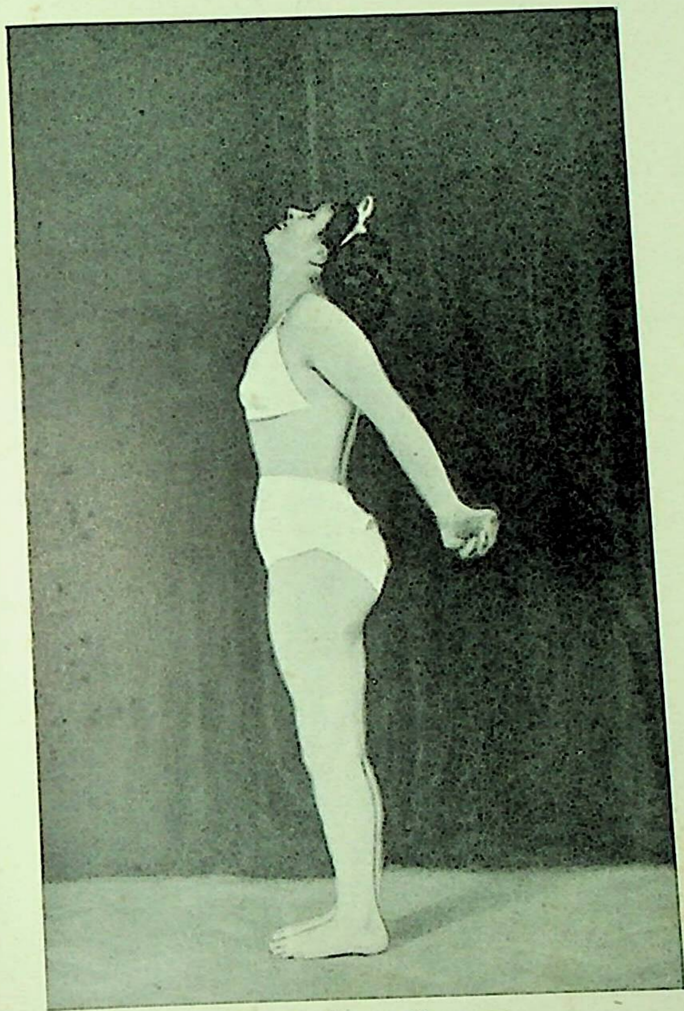


FIG. 36. SPINAL STRETCH



Fig. 37. The Spinal Bend (First Position)

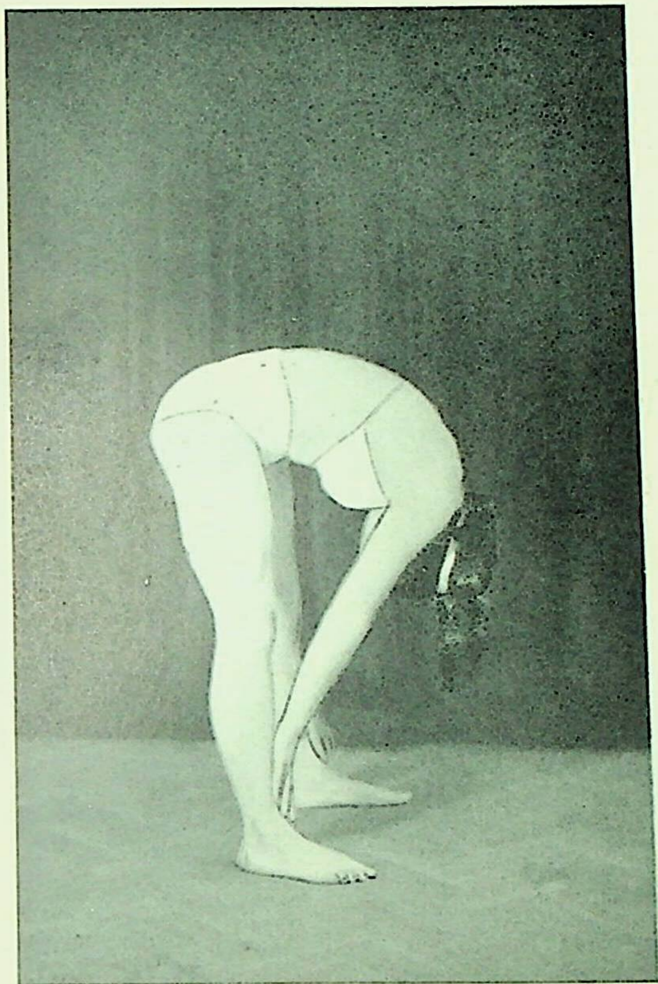


Fig. 38. Note how the Dorsal Vertebrae are being Used during this Bending Exercise

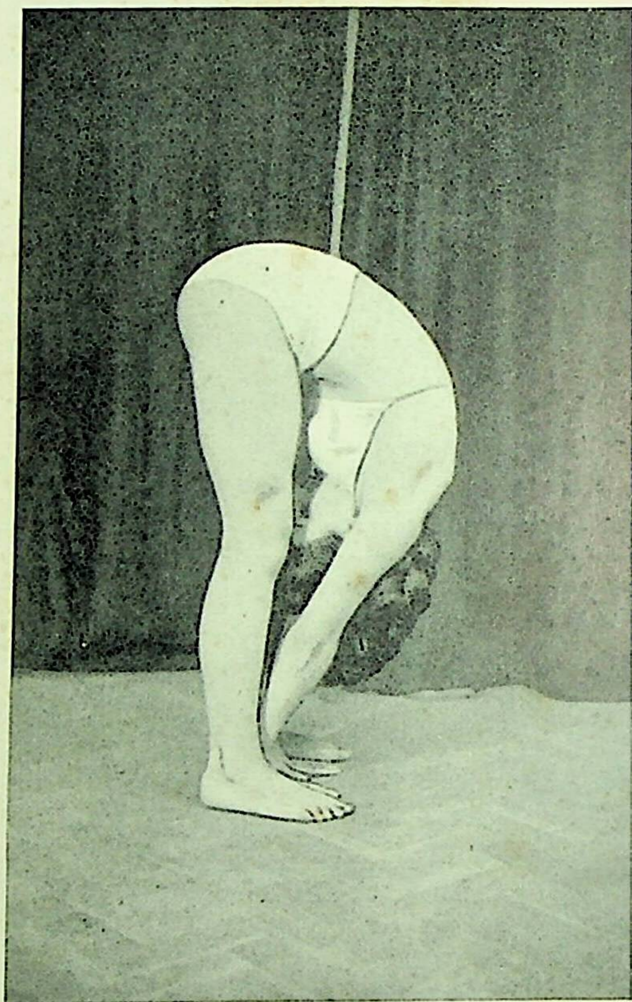


Fig. 39. The Whole Spine Brought into Action



FIG. 40. NOTE HERE TO WHAT SMALL EXTENT THE SPINE IS BEING USED

Exercise 43 (Figs. 41 and 42). Stand erect, feet apart, shoulders raised, head bent forward. Clasp two fingers of left hand and raise the arms, pulling on the fingers strongly. With arms lifted to farthest point, raise the head, count three and return to first position. Repeat 3 times.

Exercise 44 (Figs. 43, 44 and 45). Stand erect, legs widely apart and firmly planted. Holding a balloon, or a large ball, bend loosely forward until it touches the floor. Without jerking, move the body in a complete circle, up sideways, and round, bending from the waist and leaning well over, stretching to the utmost. Repeat 5 times each way in opposite directions.

Exercise 45 (Figs. 46 and 47). Stand erect, feet together. Place the fists on either side of the lumbar vertebrae and bend loosely backward as far as possible, bending only at the lumbar region. Now make an extensive bend sideways, lifting the shoulder which is uppermost. Swing slightly forward to the front and return to first position. Bend again backward, and circle in the opposite direction. Repeat 4 times.

Exercise 46 (Fig. 48). Stand erect, feet together. Clasp the hands at the back of the head high up and with elbows touching, or nearly so, in front. In this position, bend the body forward and gently, but firmly, pull the head downward, resisting strongly until the chin touches the chest.

If this exercise is performed correctly there will be a noticeable hump of the dorsal vertebrae, *which will only be in evidence if the elbows are held correctly.*



FIG. 41. RAISED SHOULDERS IN READINESS FOR THE UPWARD ARM PULL



Fig. 42. Pulling Strongly on the Fingers with the Arms Raised

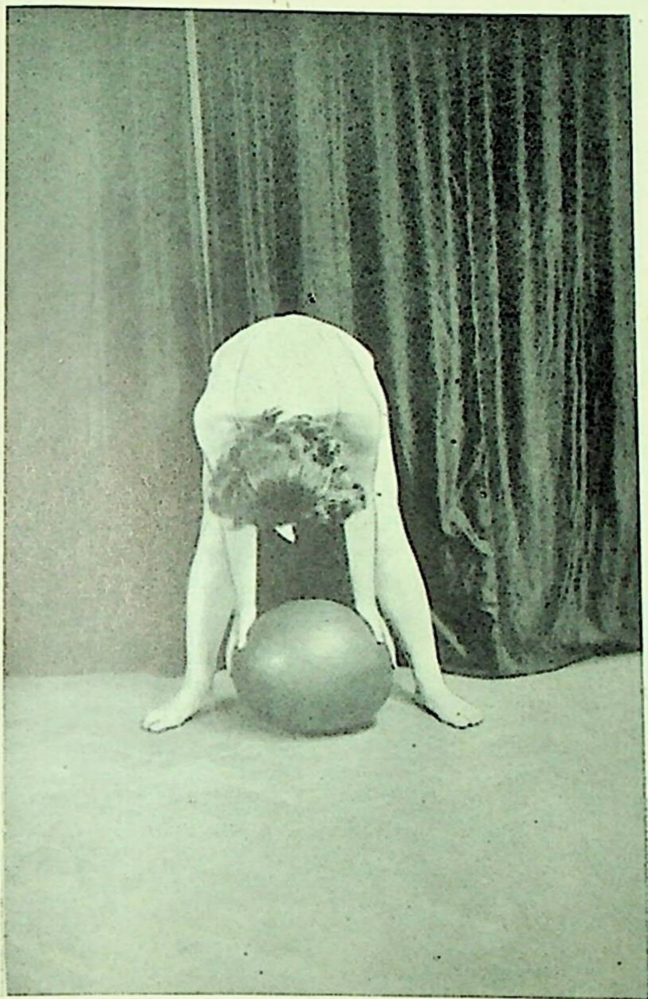


FIG. 43. "BENDING LOOSELY FORWARD"



Fig. 44. Stretching Sideways

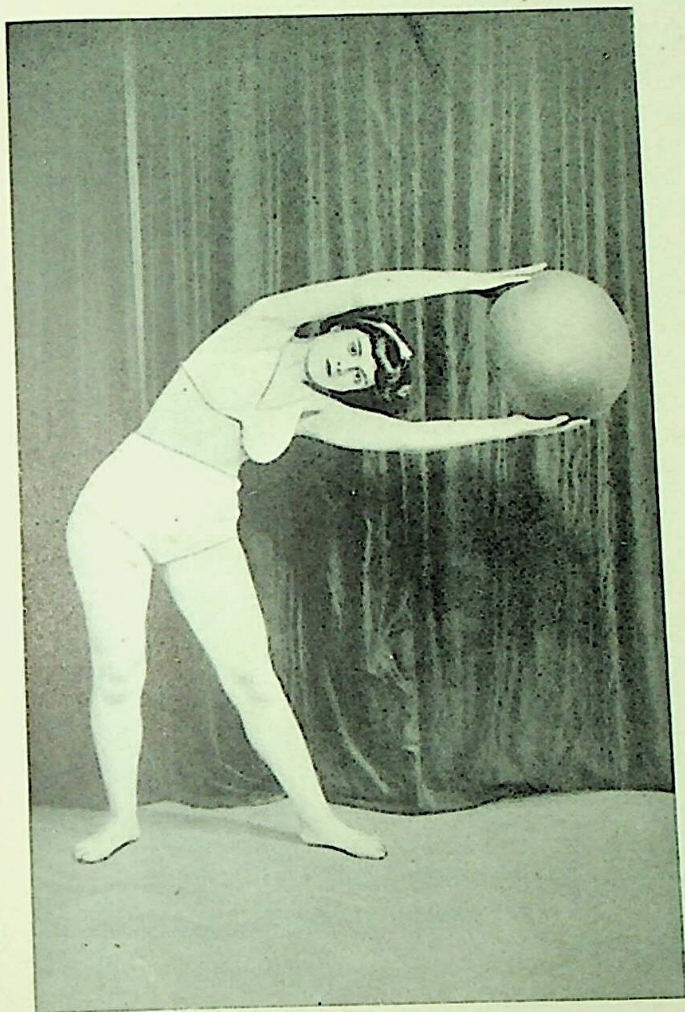


FIG. 45. FINISHING THE CIRCLE

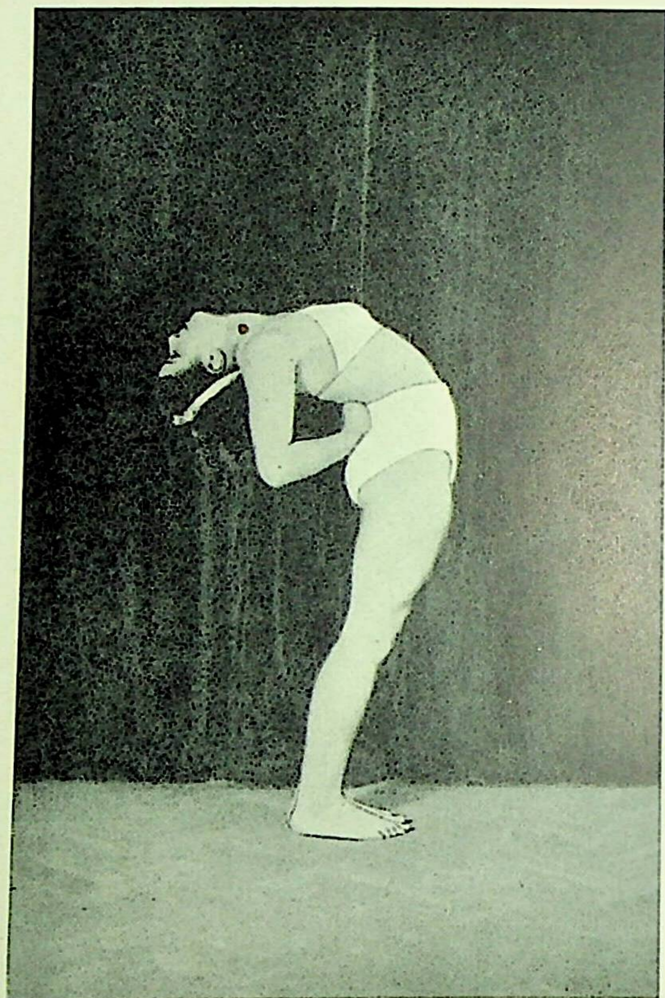


FIG. 46. BENDING LOOSELY BACKWARD ALLOWING THE SPINE TO WORK



FIG. 47. RETURNING TO THE FIRST POSITION

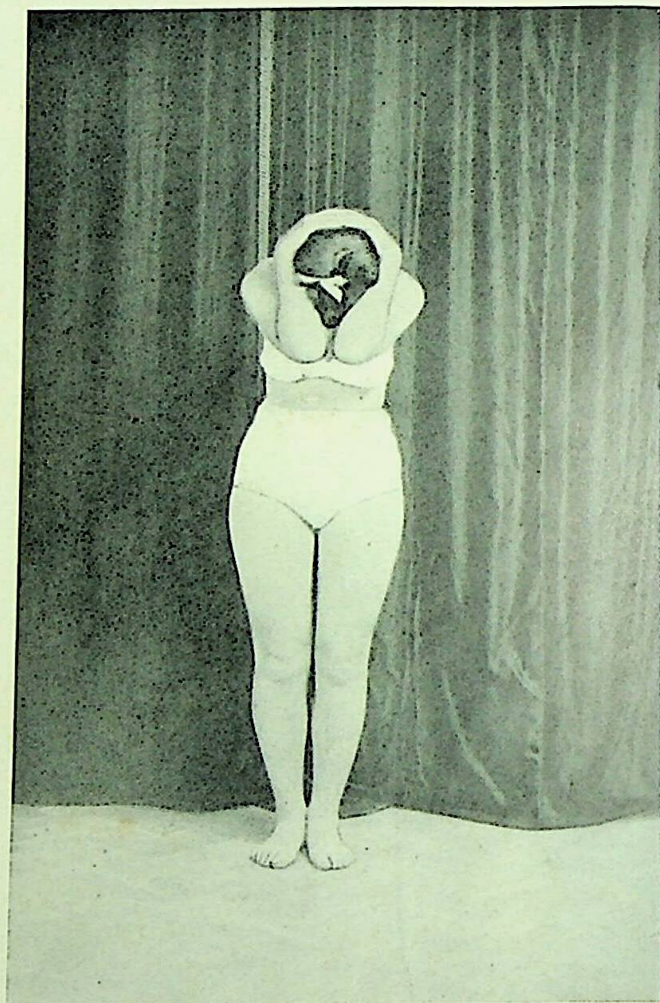


FIG. 48. NOTE THE POSITION OF THE ELBOWS

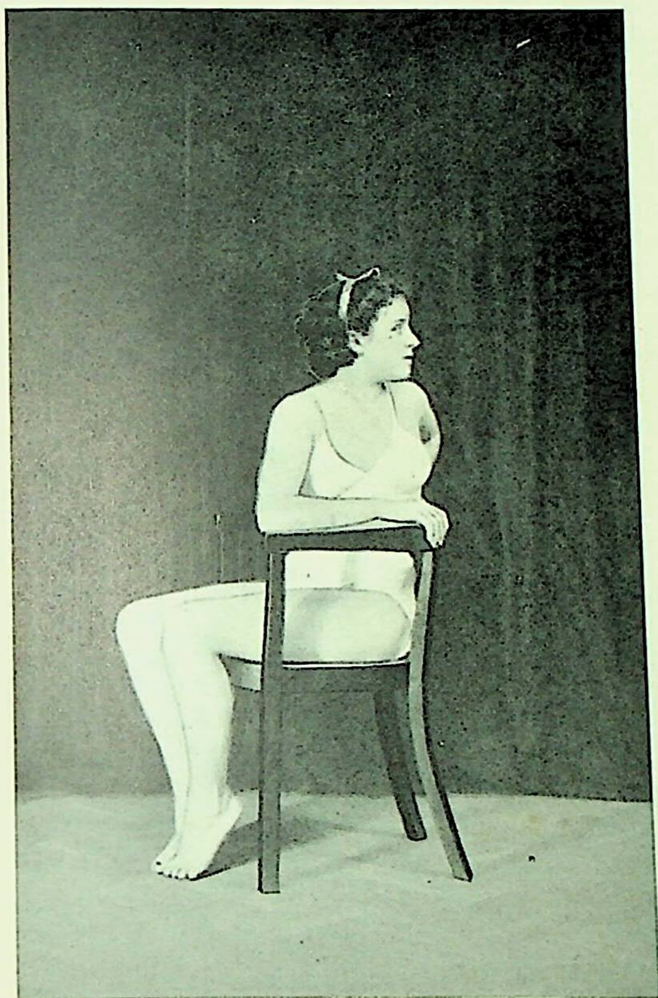


Fig. 49. In Readiness for the Final Twist



FIG. 50. NOTE THE POSITION OF THE LEGS WHILE THE BODY IS TWISTED

EXERCISE 47 (Figs. 49 and 50). Sit relaxed in an upright chair and twist the upper part of the body round, grasping the chair back, keeping the shoulders slightly rounded. Pull round as far as possible with the left hand, holding the right side of the chair back. *On no account brace the muscles.* This exercise is entirely to create mobility of the dorsal vertebrae. Note the position of legs. Repeat the movement in the opposite direction. Perform twice.

CHAPTER X

THE DAILY "DOZEN" (SIMPLE)

THESE two sets of daily dozen exercises are so compiled that they will keep in perfect harmony all the muscles which are usually brought into play for sport, no matter which particular form of recreation is chosen. It is not necessary to perform *all* of them each day. It is best to make a chart suitable to your own particular requirements, and to remain physically fit alternate them daily, introducing the more difficult ones as the body increases in mobility.

EXERCISE 48 (Figs. 51 and 52). Stand erect, arms extended sideways at shoulder level. Slowly raise one leg in front, knees rigid, toes extended. Count four and swing the leg round to the side, body erect. Count four and swing the leg to the back. Count four and lower it to the floor. Repeat with other leg.

EXERCISE 49 (Fig. 53). Stand erect, both feet turned outwards, right heel in contact with left toes. At "one" bend the knees, at "two" upright again. Repeat 5 times changing position of feet.

EXERCISE 50 (Figs. 54, 55, and 56). Stand erect, legs apart, arms extended above head, hands clasped. Swing the body down and forward bending the knees. Stiffen the knees again, as the arms swing through the legs to the back. In returning to starting position again bend the knees, and finally straighten up. Repeat 10 times.



FIG. 51. "SLOWLY RAISING ONE LEG IN FRONT"



Fig. 52. Leg Raised Backward on Slow Count of 4



FIG. 53. STRETCHING THE TENDON AT THE BACK OF THE HEEL

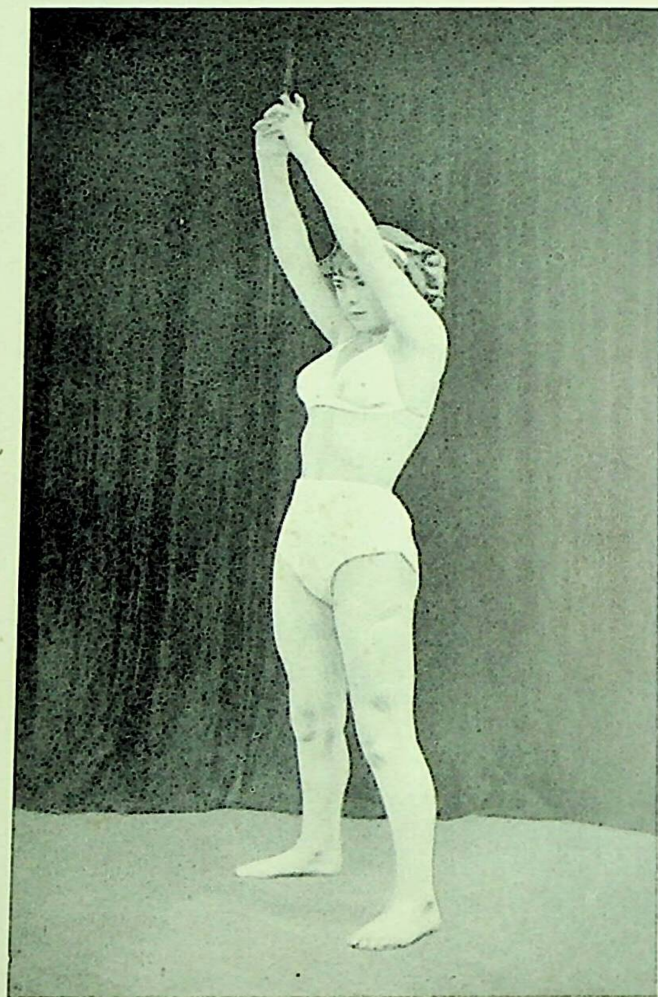


FIG. 54. "HEWING" EXERCISE—POSITION (1)



FIG. 55. "HEWING" EXERCISE (II)—Swinging the body down to position before straightening legs



FIG. 56. "HEWING" EXERCISE (III)—
In readiness for return before bending the knees

Exercise 51 (Fig. 57). Sit on the floor, arms outstretched at shoulder level, legs extended sideways, toes pointed, keeping the knees rigid. Bend the body forward until the face touches the left leg. Count one, upright again. Bend again to the other leg. Repeat 4 times alternate legs.

Exercise 52 (Figs. 58 and 59). Stand erect in front of a table. At "one" raise the leg, knees rigid, toes pointed and rest heel on table edge. At "two" bend the body forward and place head on knee. At "three" upright again. At "four" return to first position. Repeat, alternate legs, 5 times.

Exercise 53 (Figs. 60, 61, and 62). Sit on floor, knees bent, feet touching. Bend body forward, arms extended in front. At "one" swing body backward to the floor, jerking arms strongly to the chest and stretching legs forward, keeping the feet firmly on the floor. At "two," keeping legs touching floor, quickly jerk arms and head forward, bending knees. Return to first position. Repeat 5 times.

Exercise 54 (Fig. 63). Kneel on floor, holding balloon or ball, legs together. Slowly bend backward until ball touches floor. Repeat 3 times.

Exercise 55 (Figs. 64 and 65). Squat on toe tips, hands flat on floor. At "one" straighten up legs, keeping palms firmly on floor. At "two" return to first position.

Beginners will find this exercise easier if they commence with finger tips touching the floor, gradually using the palms as the muscles respond.

Exercise 56 (Figs. 66 and 67). Kneel on floor, arms folded in front, abdominal muscles well contracted. Without moving legs sit alternately to

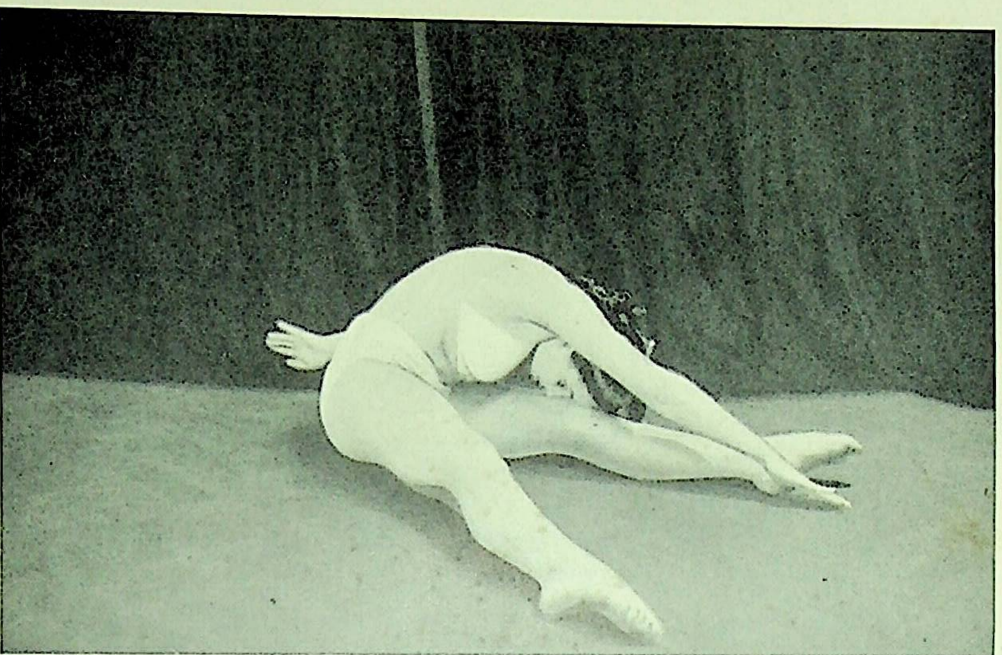


Fig. 57. To Get a Supple Waist-line

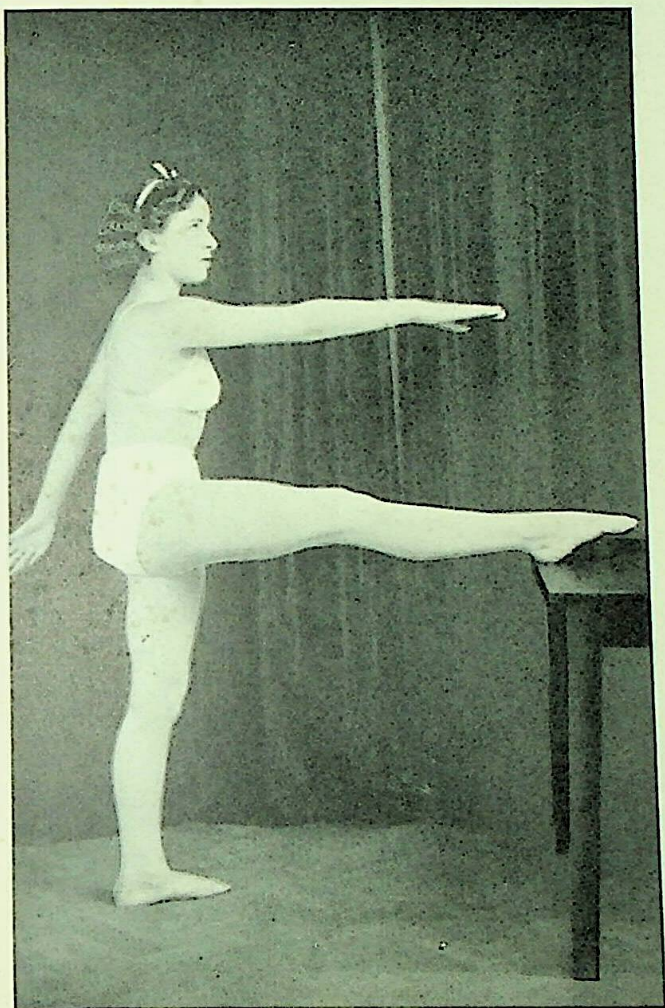


FIG. 58. IN READINESS FOR THE FORWARD BEND

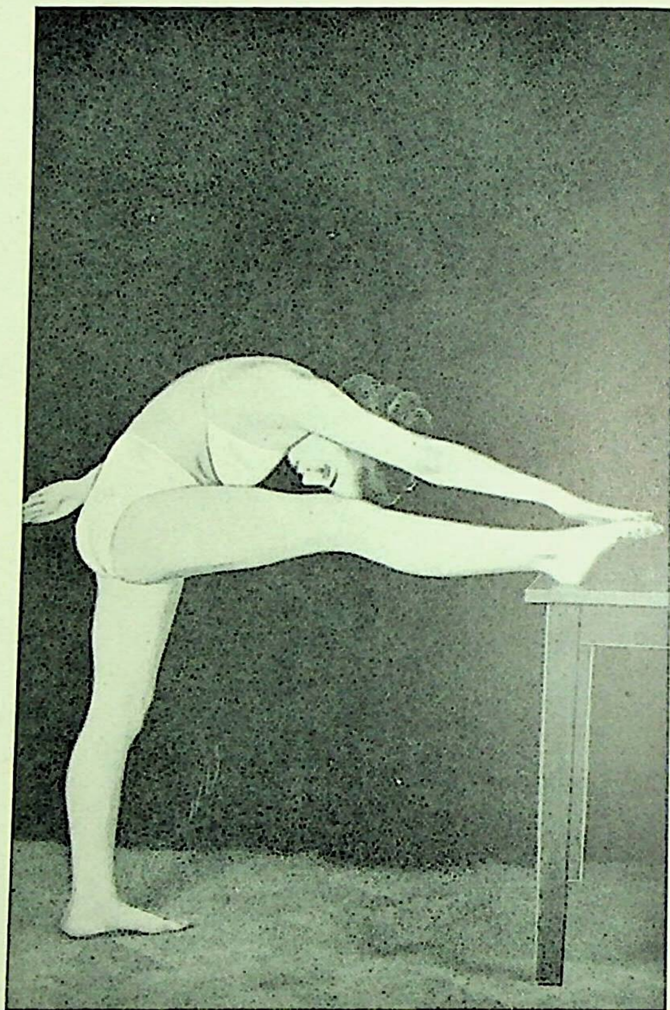


FIG. 59. KNEES RIGID WHILE HEAD "CONTACTS"



FIG. 60. ROWING EXERCISE—FIRST POSITION

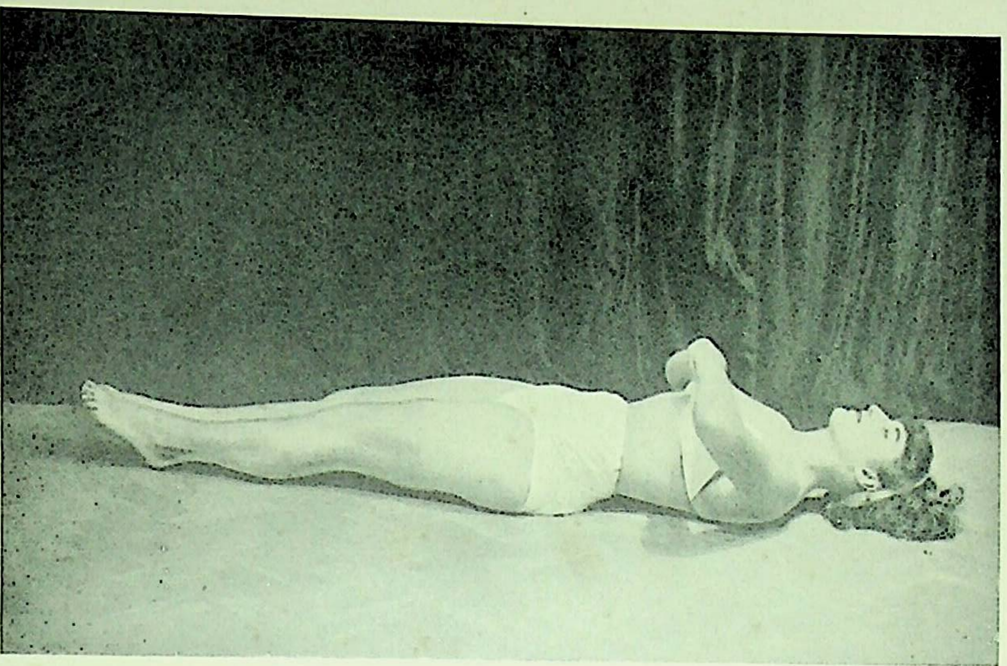


Fig. 61. Body in Readiness for the Return

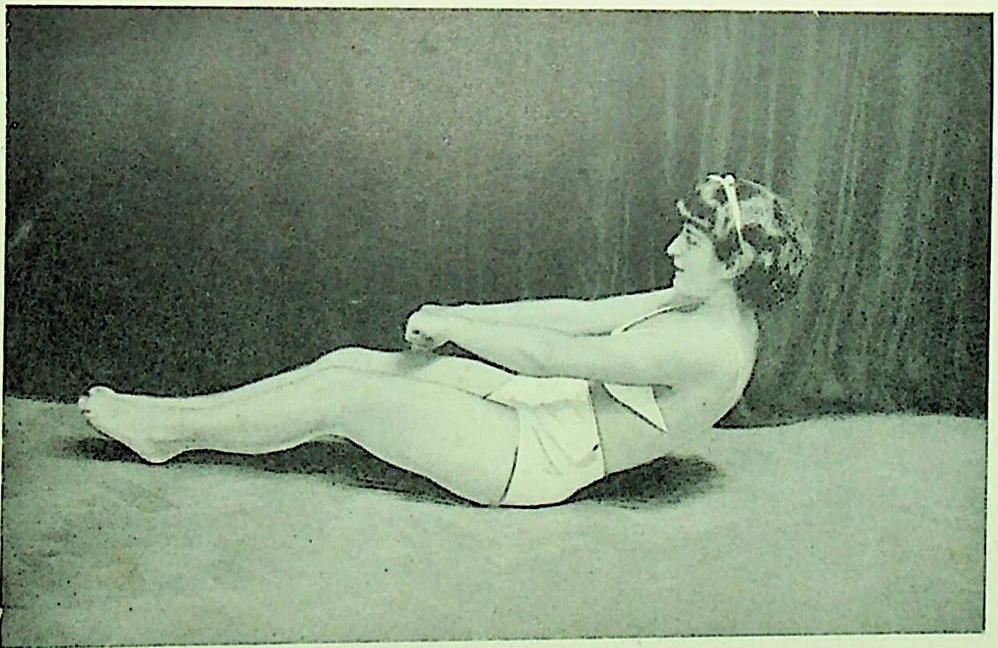


Fig. 62. Returning to First Position

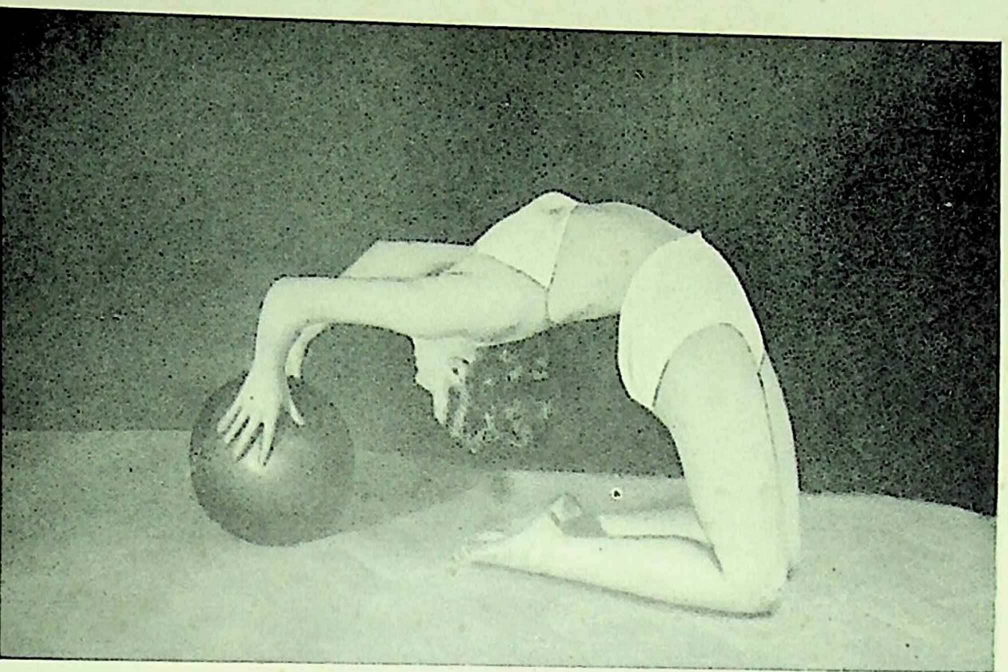


Fig. 63. Backward Lumbar Bend



FIG. 64. SQUATTING POSITION IN READINESS FOR LUMBAR BEND

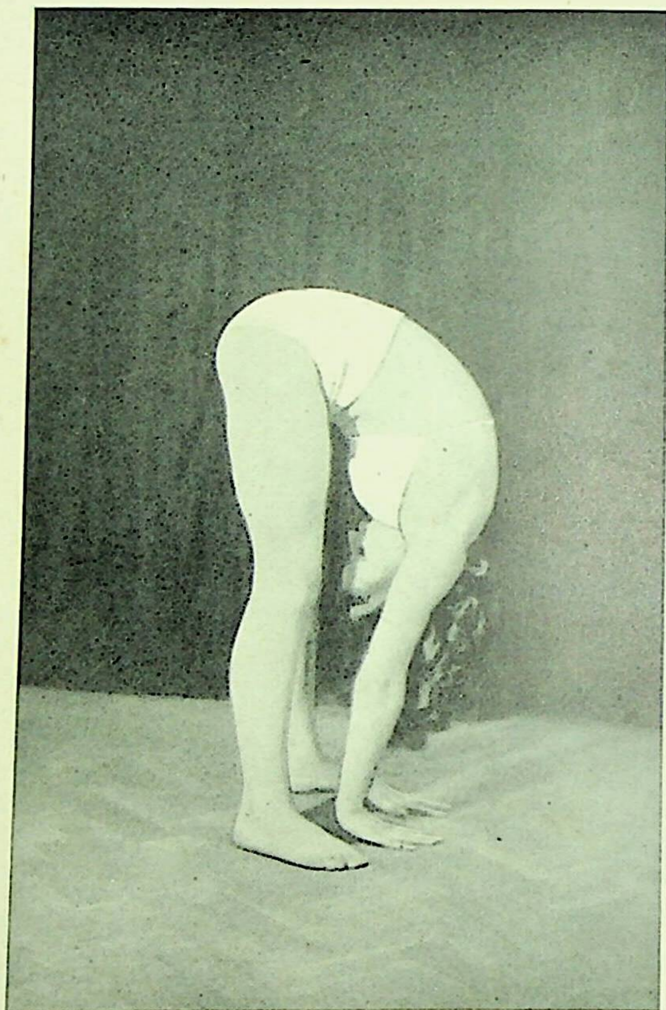


FIG. 65. STRAIGHTEN UP LEGS, KEEPING PALMS FIRMLY ON FLOOR



FIG. 66. (1) HOLDING ABDOMINAL MUSCLES WELL IN



FIG. 67. (II) KEEPING LEGS TOGETHER AND BODY RIGID

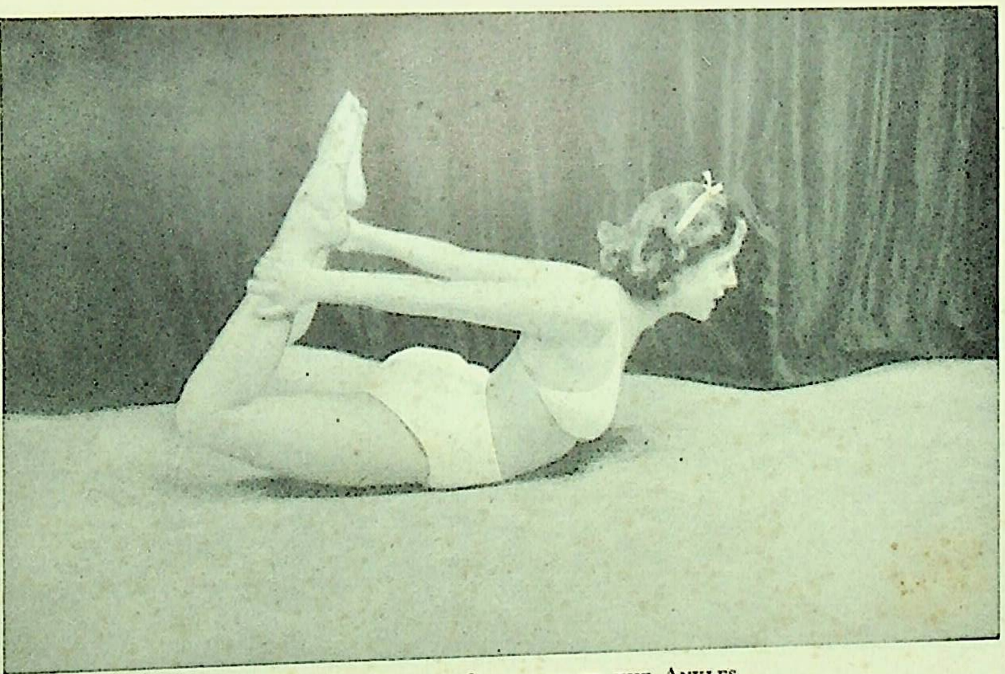


Fig. 68. Pulling Strongly on the Ankles

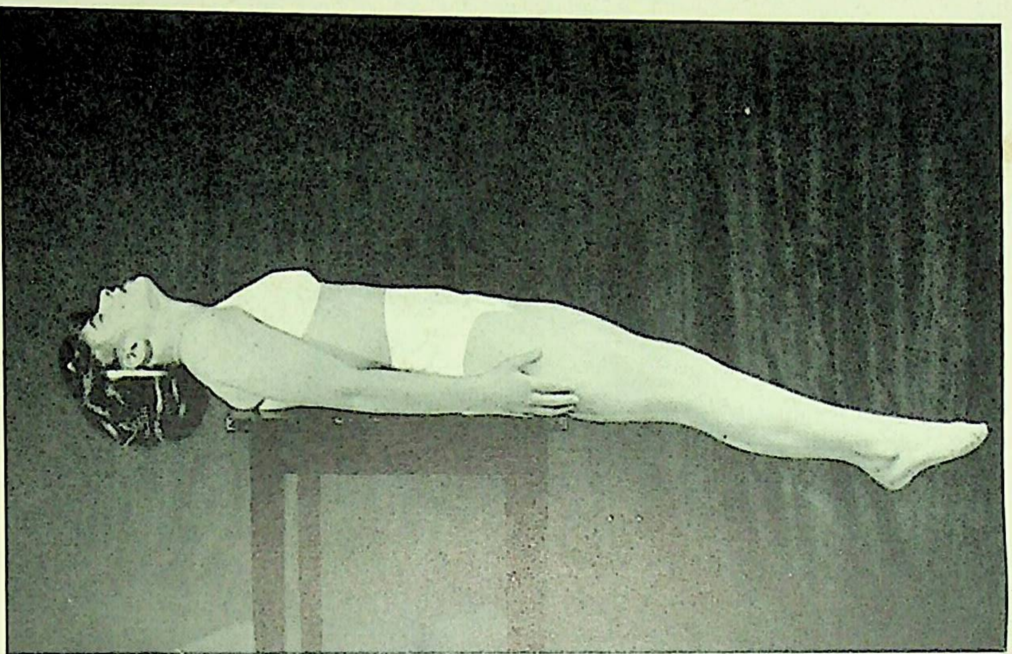


Fig. 69. "Back Crawl" Exercise—First Position

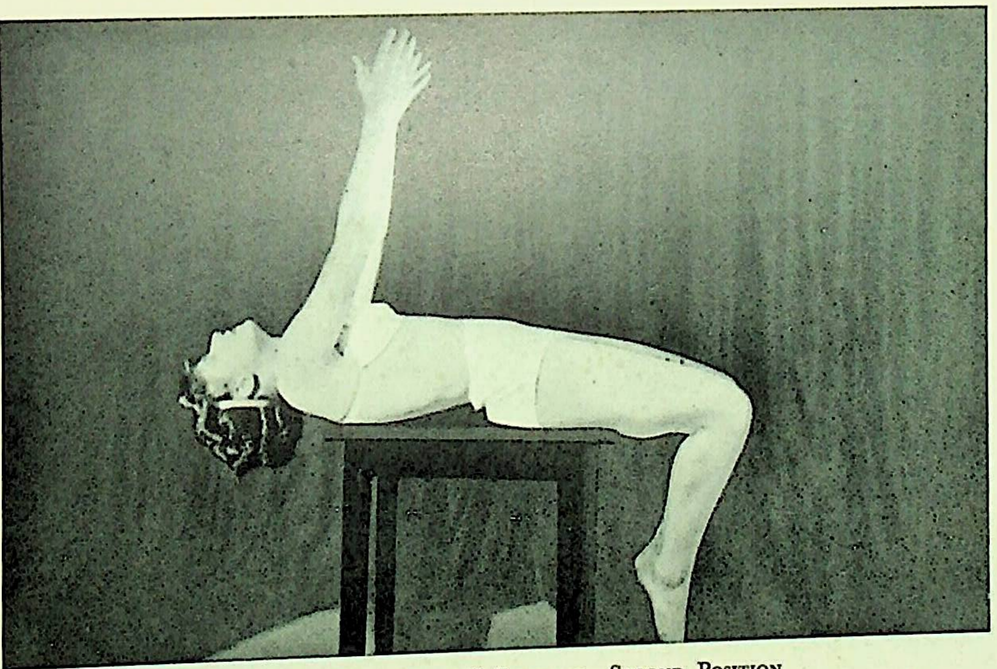


Fig. 70. "Back Crawl" Exercise—Second Position

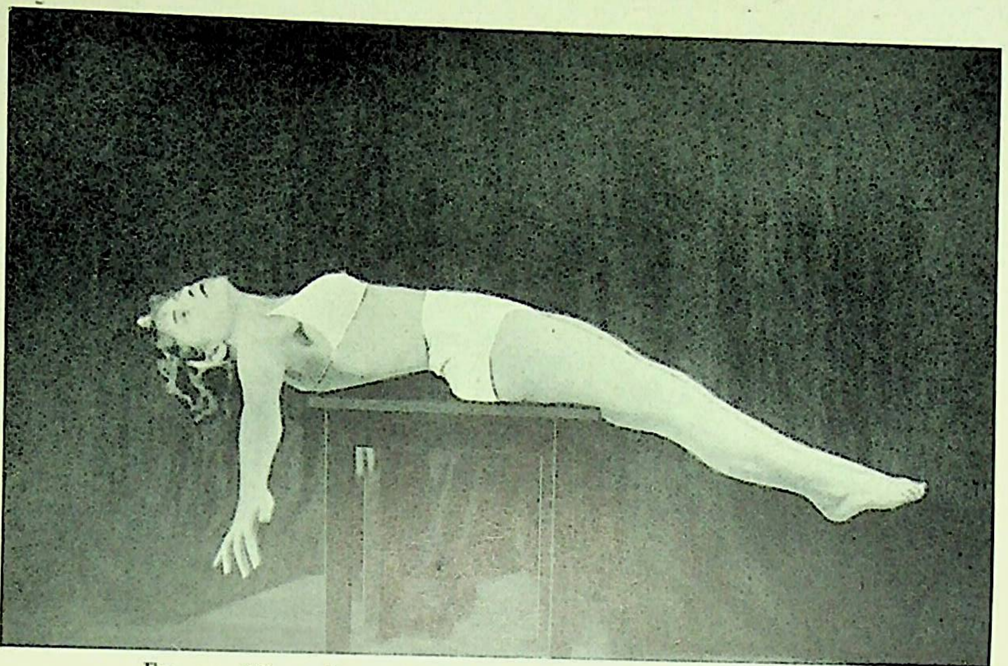


FIG. 71. "BACK CRAWL" EXERCISE—RETURNING TO STARTING POINT



FIG. 72. IN READINESS FOR THE BACKWARD SPRING

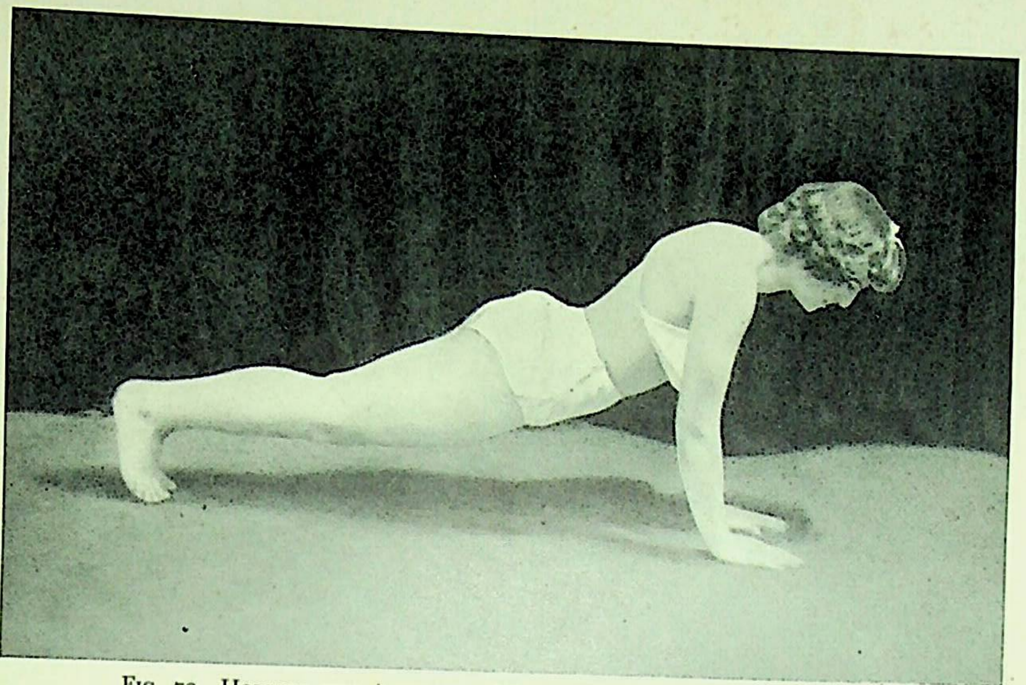


Fig. 73. Holding the Abdominal Walls Taut Ready for the Return Spring to Starting Position



FIG. 74. LOOSENING UP THE MUSCLES OF THE LEG



Fig. 75. "Muscular" Relaxation

right and left, keeping body erect. Repeat 5 times each side.

Exercise 57 (Fig. 68). Lie flat, face downwards. Grasp ankles and endeavour to rise as far as possible from floor. Repeat 5 times.

Exercise 58 (Figs. 69, 70 and 71). Lie on small table, legs together, extended and unsupported, arms held straight at sides. At "one" raise the arms and lower the legs, keeping knees together and toes extended. It is important that the legs should point downward while the arms are at right angles to the body. Without pause carry arms beyond head and bring the legs outward and upward to starting point, arms following at same time, making complete circle, till they reach first position. Repeat 12 times.

Exercise 59 (Figs. 72 and 73). Squat on toes, hands flat on floor in front. At "one" spring quickly backward, keeping abdominal muscles taut and the body rigid. At "two" return to first position. Repeat 4 times.

Exercise 60 (Fig. 74). Stand on book on one leg and swing the other loosely backward and forward. Repeat alternate legs.

Exercise 61 (Fig. 75). Stand loosely erect, right leg slightly in advance. At "one" bend right knee and allow entire body to collapse forward on floor.

CHAPTER XI

THE DAILY "DOZEN" (ADVANCED)

This set of exercises is chiefly designed to stretch the muscles and ligaments to their utmost limit. Suppleness of the body is the keynote to perfect balance and beauty of movement. Without this no one can hope to have a good carriage, or to know any degree of comfort when endeavouring to become adapted to unwonted positions.

Exercise 62 (Fig. 76). Sit on floor, legs apart and extended sideways, toes pointed, arms stretched sideways, shoulder level. Swing body down until head touches the floor beyond knees which must be rigid. Count two, return. Alternate legs twice each.

Exercise 63 (Figs. 77, 78, and 79). Sit on floor, feet together, toes extended, arms raised stiffly. Bend body forward until head is in contact with knees. With a spring-like movement jerk the body—with arms still extended—backward to floor, bringing legs over head at same time, toes extended. Return to first position. Repeat 4 times.

Exercise 64 (Fig. 80). Repeat previous exercise until legs are beyond head. Now raise legs stiffly to vertical position and place arms against thighs. Count three and lower legs. Repeat 3 times, breathing evenly throughout.

Exercise 65 (Figs. 81 and 82). Stand erect with arms stretched high above head. Suddenly bend body to the left, at the same time raising the right leg, knee rigid, and toes extended. Repeat twice alternate legs.

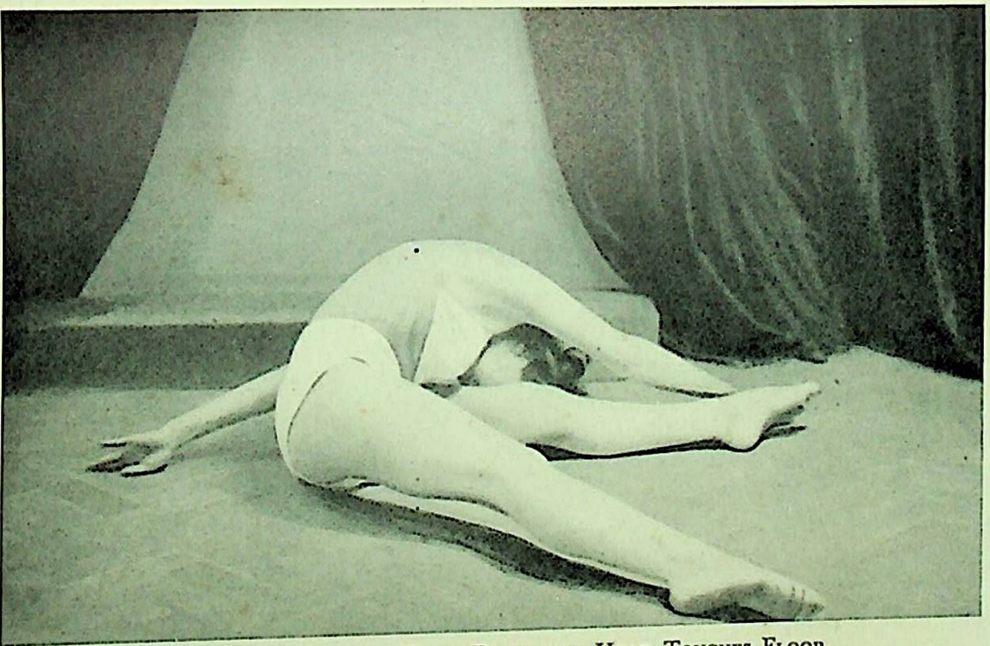


Fig. 76. Keeping the Knees Rigid, the Head Touches Floor



FIG. 77. ARMS RAISED STIFFLY IN READINESS FOR FORWARD BEND



Fig. 78. Bending the Body Forward in Readiness for Backward Spring

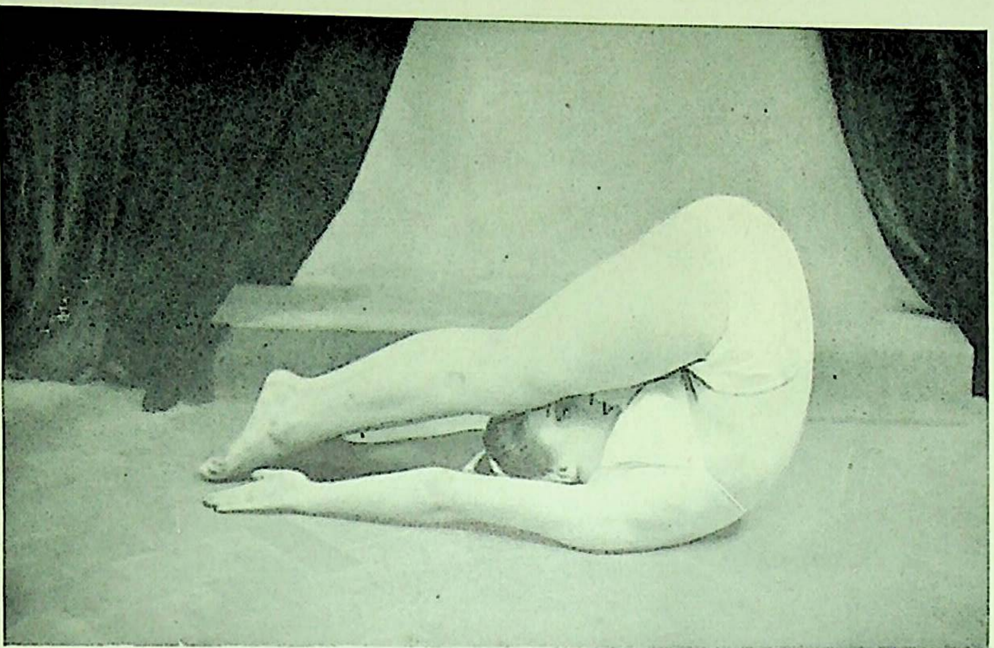


FIG. 79. THE FINAL POSITION BEFORE RETURNING TO STARTING POSITION

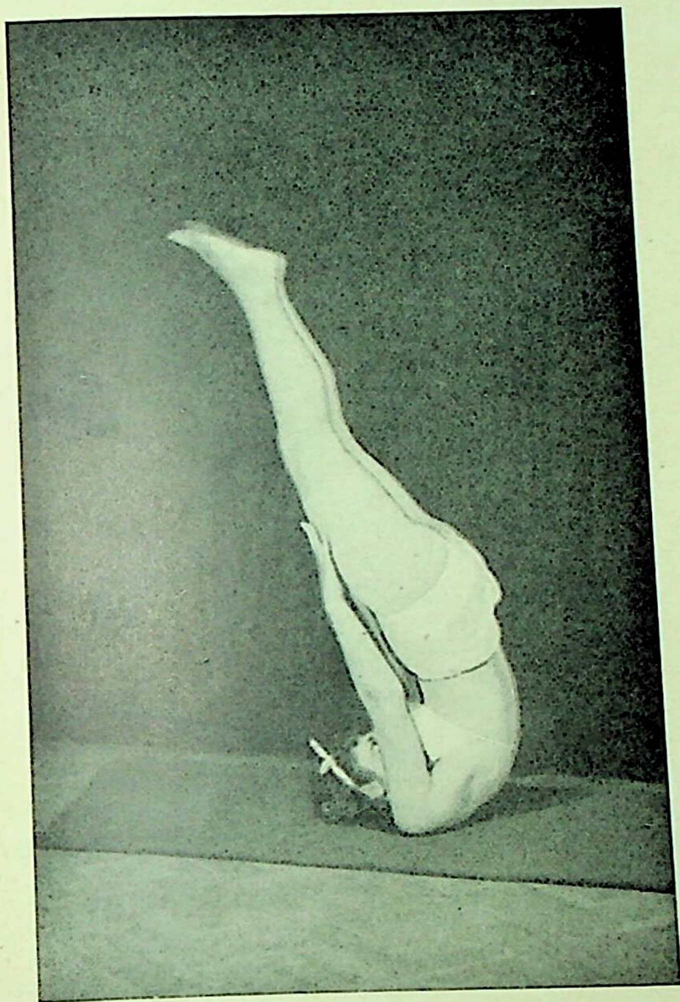


FIG. 80. BALANCING ON SHOULDERS

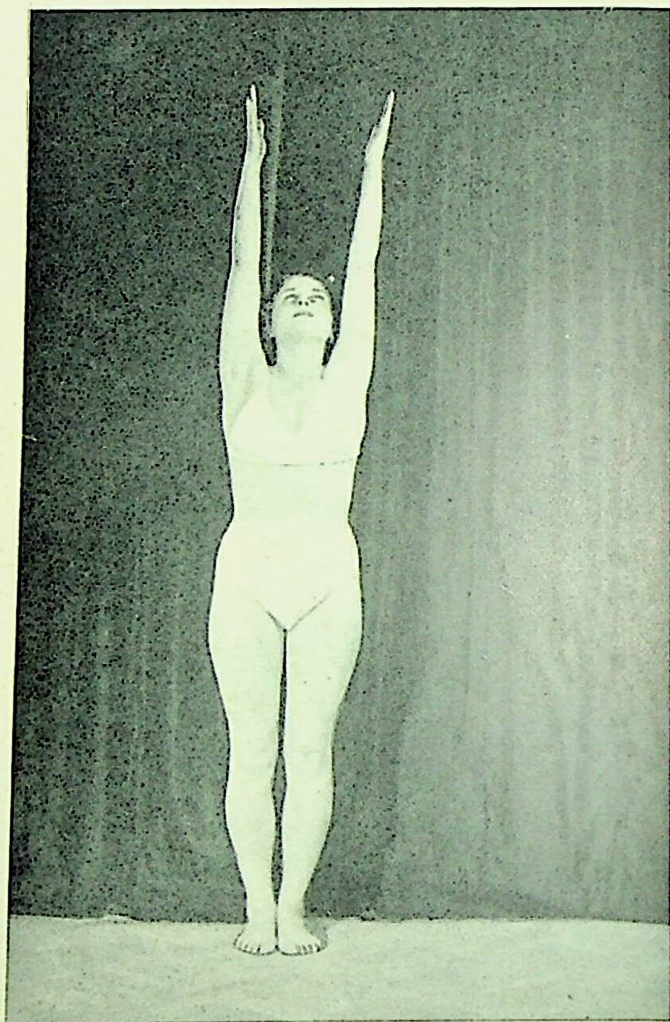


Fig. 81. (1) Stretching Exercise

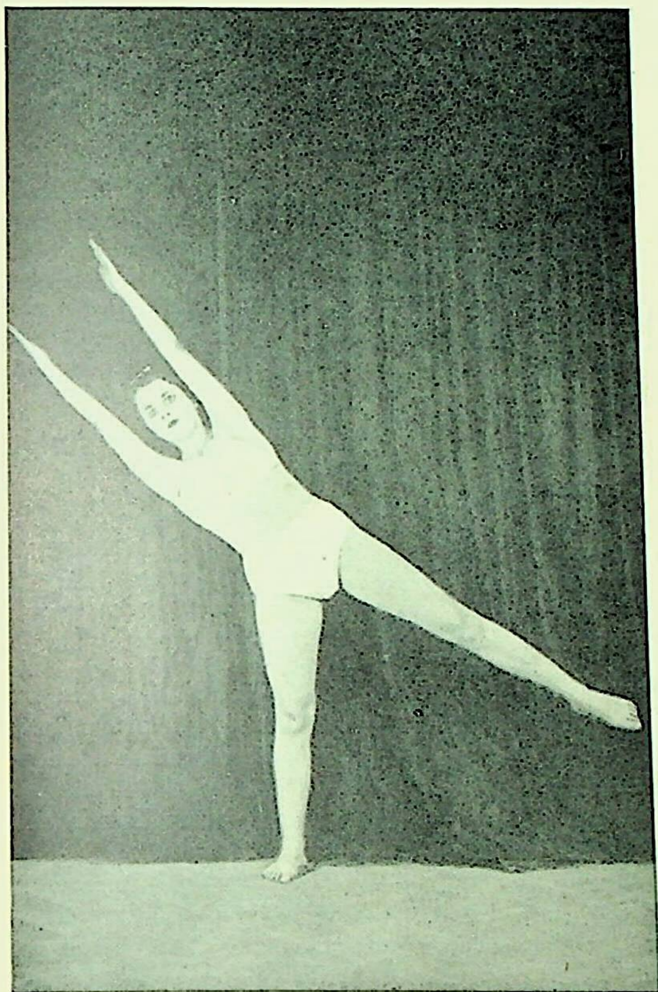


FIG. 82. (11) STRETCHING STRONGLY AND BENDING SIDEWAYS, BALANCED ON ONE LEG

Exercise 66 (Figs. 83 and 84). Sit on stool. Raise arms above head, palms facing outward. Bend backward until head and hands touch floor, keeping the eyes on floor beyond, not towards ceiling. Now draw up feet—widely planted—under body and endeavour to raise body from stool. Repeat 3 times.

Exercise 67 (Figs. 85 and 86). Sit on floor, feet supported. Clasp hands behind head, and slowly lower body to floor. Count one, and return, keeping shoulders well back and knees rigid. Repeat 5 times.

Exercise 68 (Figs. 87, 88, and 89). Stand erect, feet apart and knees rigid, arms extended above head, balloon between fingers. At "one" twist the body sideways and, without stopping, bend the body until the arms are behind the legs. Return without jerking and continue in opposite direction. Repeat 5 times.

Exercise 69 (Fig. 90). Sit on floor tailor fashion. Shoulders and head well back, arms extended sideways. Slowly bend body forward until head touches floor. Count "one" and return to first position. Change cross legs, and repeat 5 times.

Exercise 70 (Figs. 91, 92, and 93). Sit on floor, knees drawn up. Clasp hands round legs, and bend head on knees. Now swing body backward in this position, until body is balanced on shoulders. Repeat 5 times.

An alternate exercise is made by rolling from left to right, clasping the legs.

Exercise 71 (Figs. 94 and 95). Lie flat on floor face downwards, arms flexed at elbows, head supported on arms. Keeping knees perfectly rigid, raise the body by walking on toes towards the head. Return to first position, and repeat 3 times.

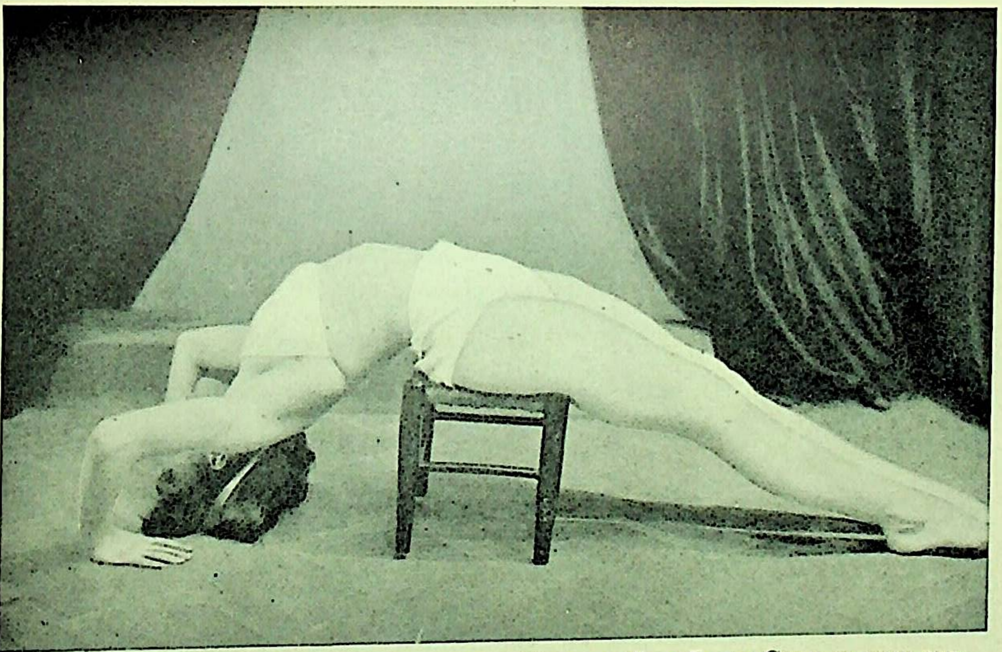


Fig. 83. It is Necessary in this Exercise to Obtain a Firm Floor Contact with the Hands

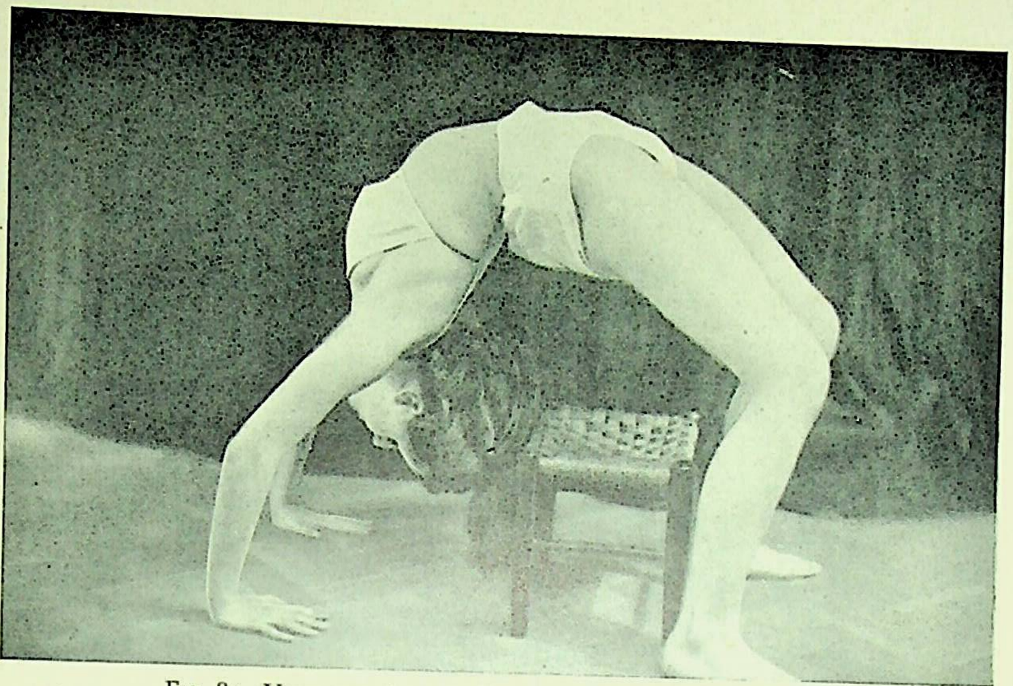


Fig. 84. Using the Arms to Raise the Body from the Stool

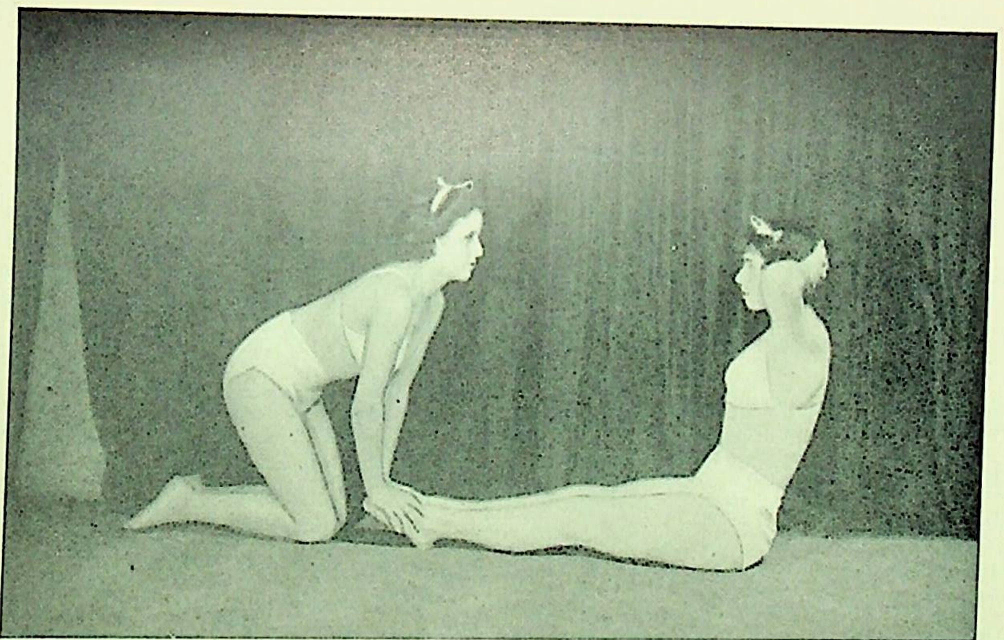


Fig. 85. Muscles of the Abdomen must be Well Contracted before Lowering to the Floor

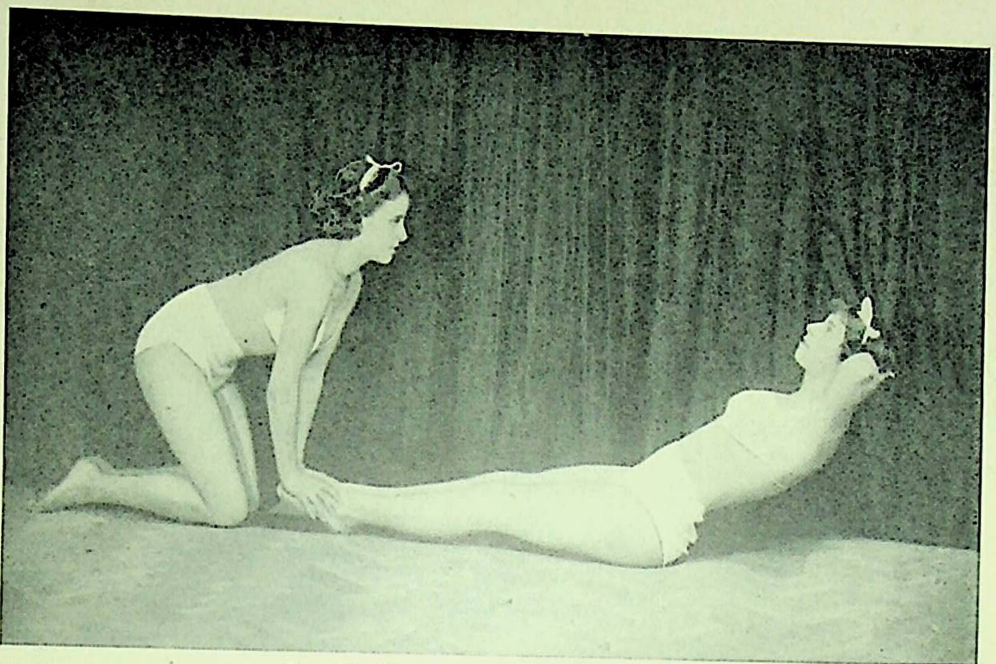


Fig. 86. Returning to First Position

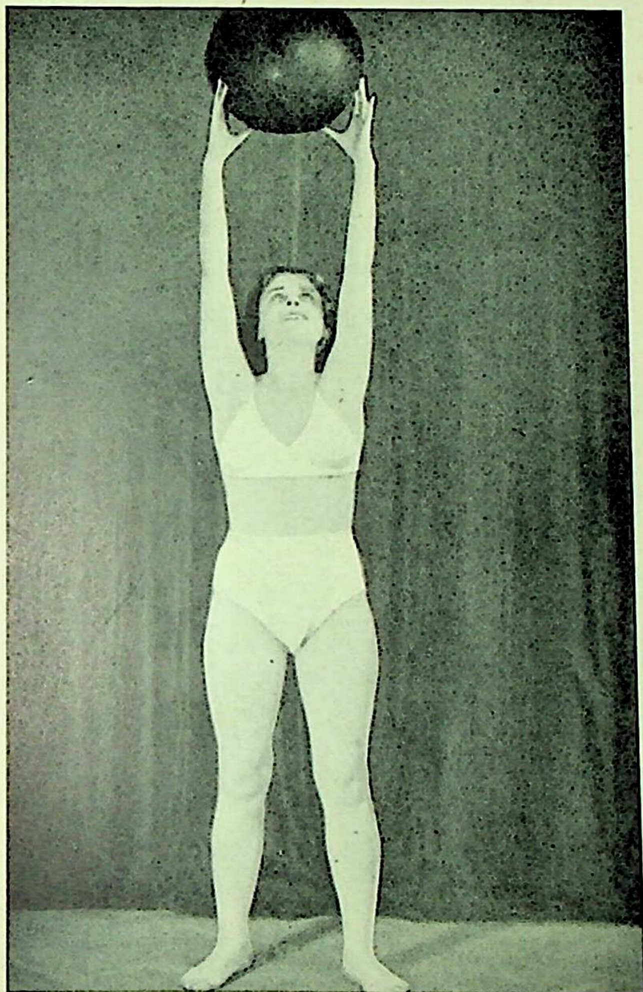


FIG. 87. FIRST POSITION IN BODY TWIST

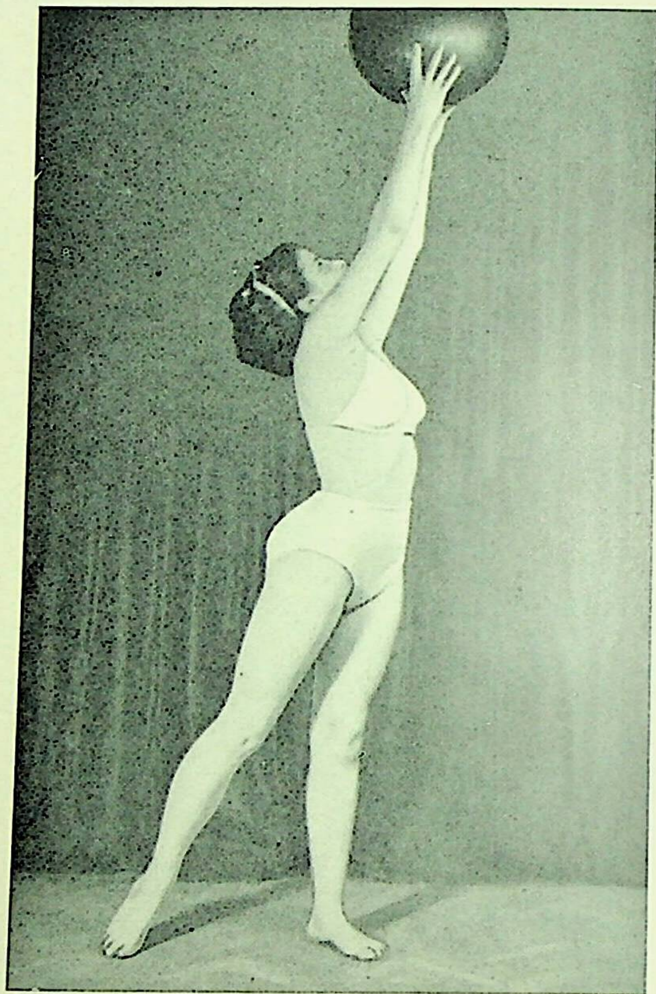


Fig. 88. Final Stretch before Bending

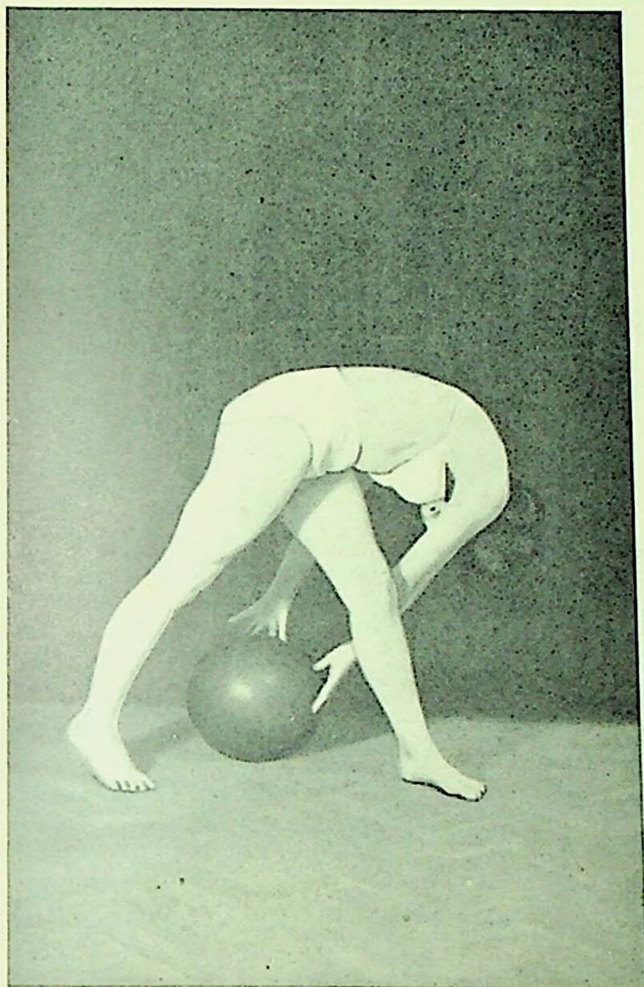


FIG. 89. IN READINESS FOR RETURN TO ORIGINAL POSITION

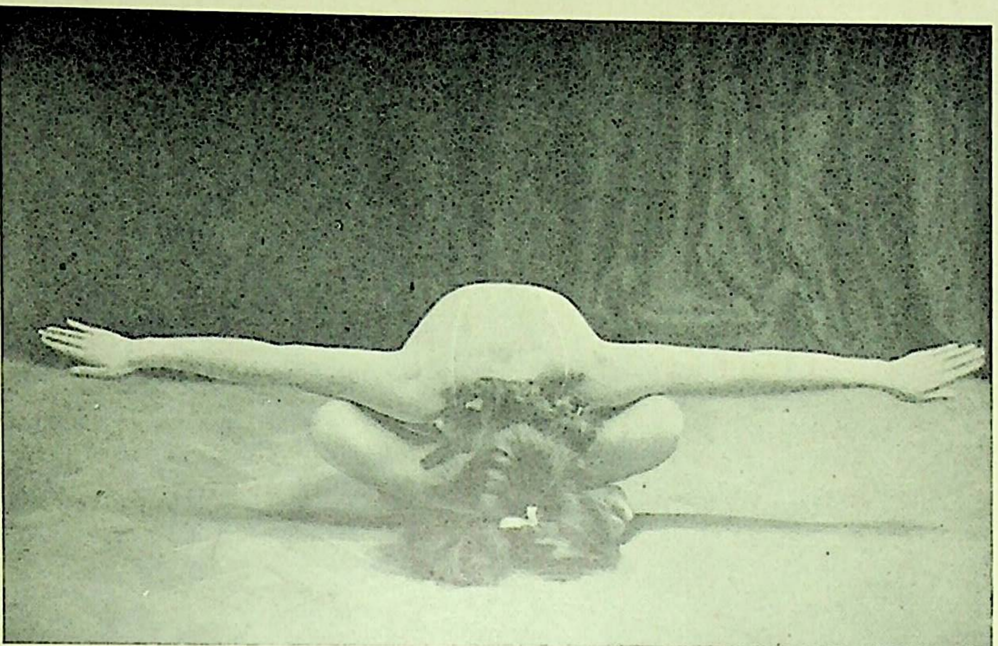


Fig. 90. Tailor Squat Bend

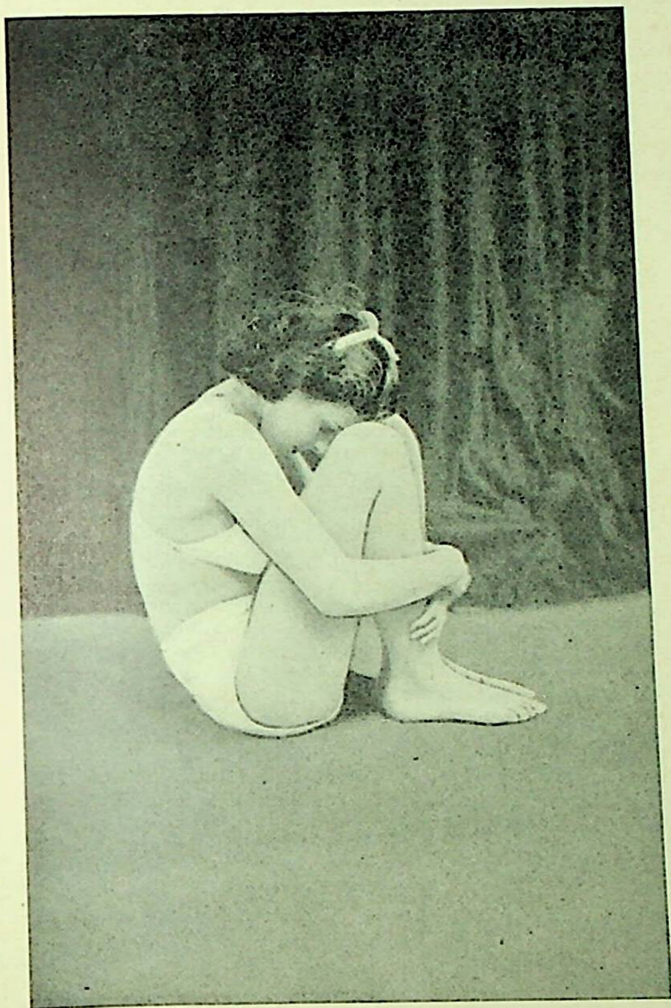


FIG. 91. ABDOMEN MUST BE WELL CONTRACTED IN THIS EXERCISE

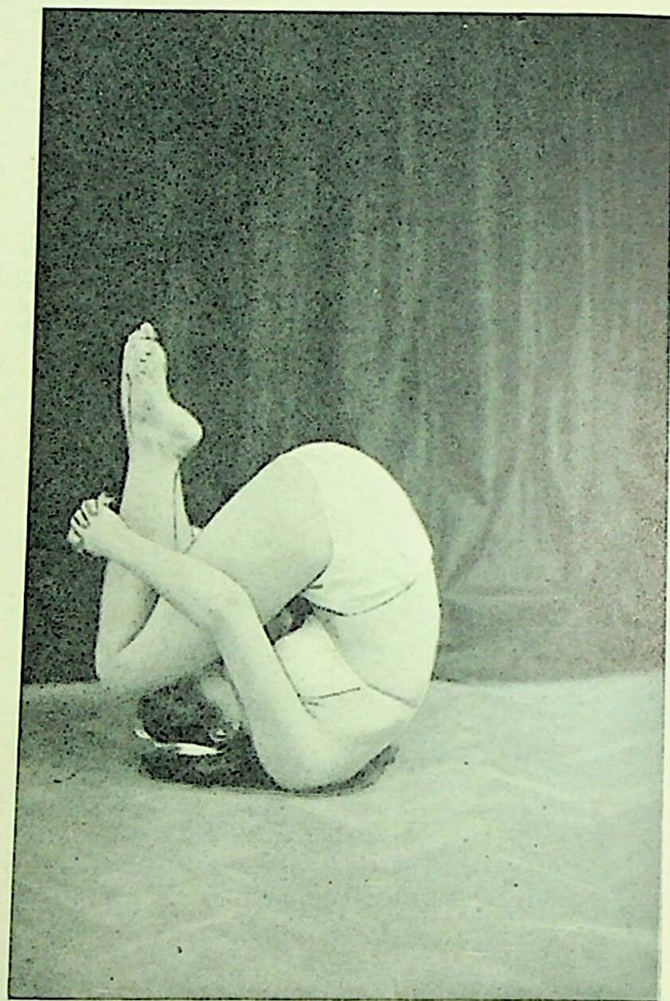


FIG. 92. BODY BALANCED ON SHOULDERS

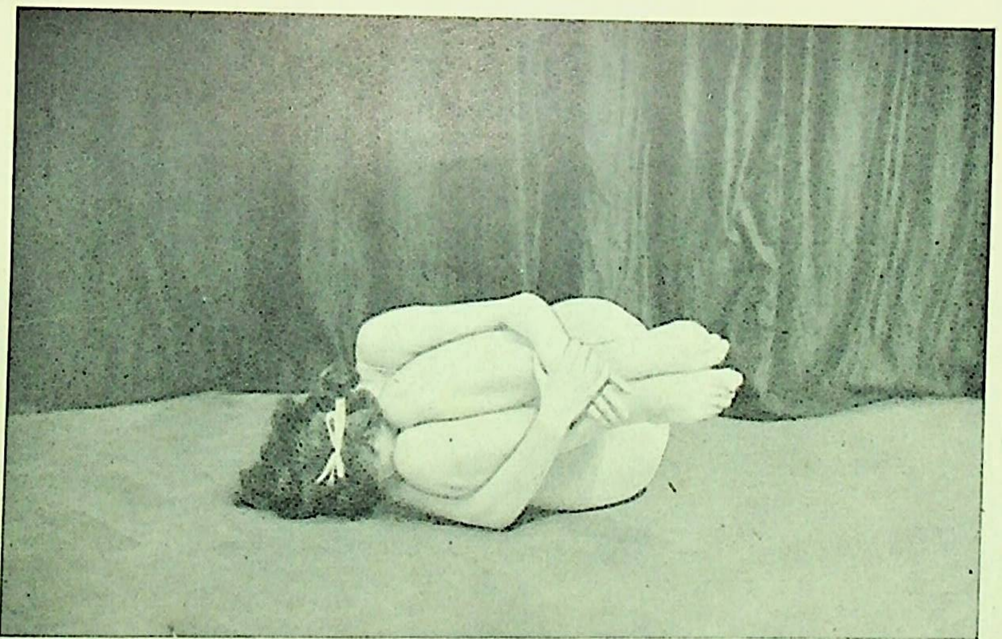


Fig. 93. Sideways Roll

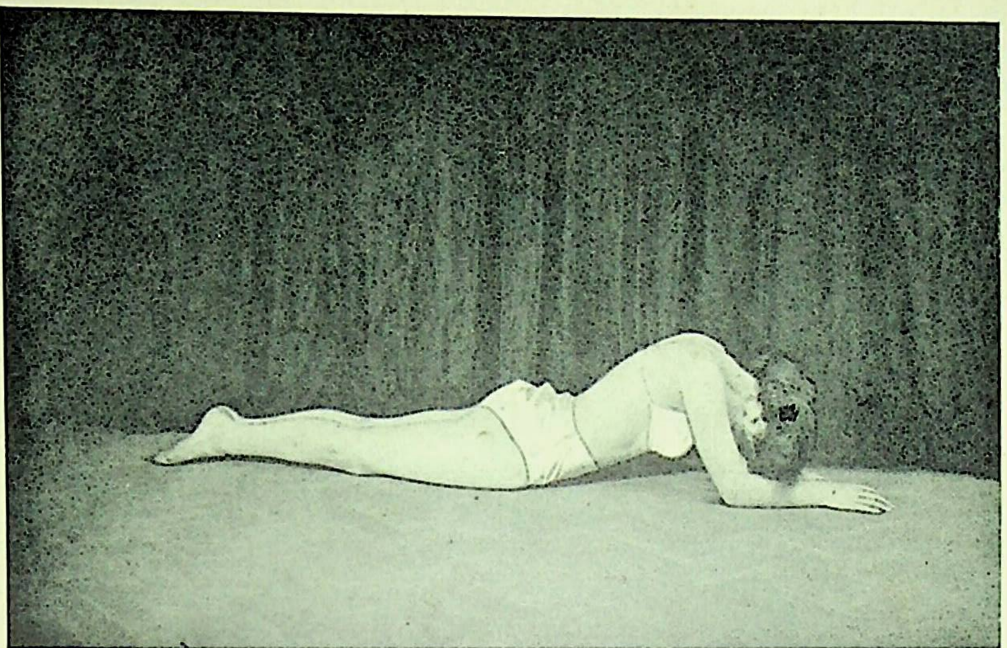


Fig. 94. Head Supported on Flexed Elbows

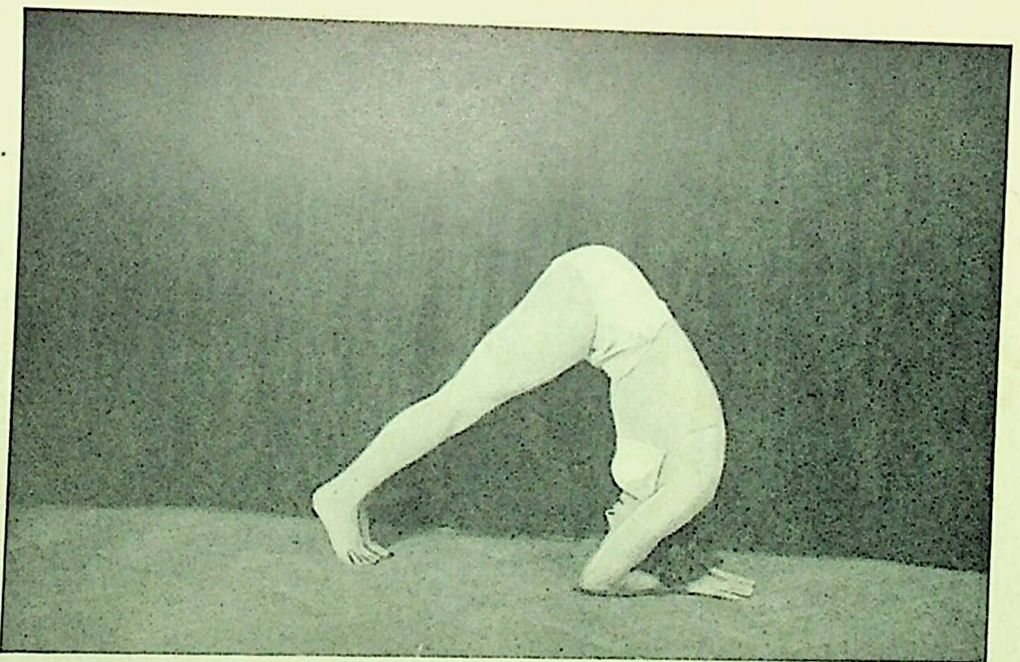


FIG. 95. WALKING UP TO THE HEAD

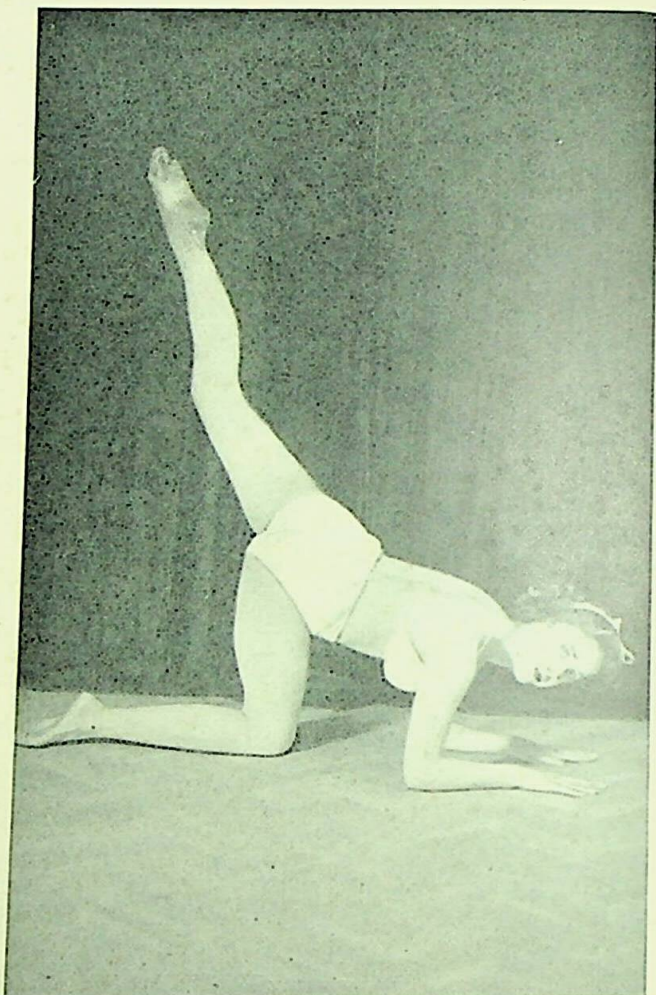


Fig. 96. Knee Balance while Bending Leg Backward



Fig. 97. Position Prior to Lowering Body to Floor

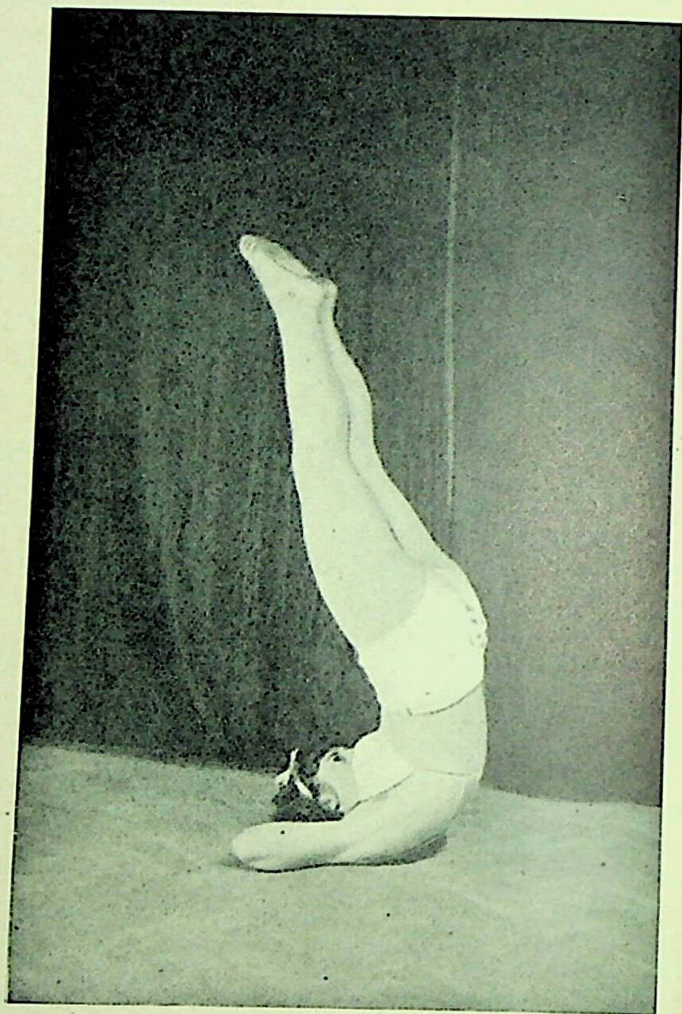


Fig. 98. With Arms Still Behind the Head Balance on the Shoulders

Exercise 72 (Fig. 96). Kneel on right knee, hands flat on floor, left leg extended on floor. At one, raise left leg as high as possible. Count one and lower. Repeat 4 times each leg.

Exercise 73 (Figs. 97 and 98). Stand erect, legs crossed, hands clasped behind head. In one smooth movement, bend knees and lower body quickly to floor, and swing legs upright. The feet will automatically uncross. Keeping hands still clasped behind head, count one and, without breaking continuity, lower legs to floor and spring back to first position.

Exercise 74. Sit on a chair, completely relax. Raise the arms above the head and let them fall by their own weight. If correctly done, the arms will swing like a pendulum.

Exercise 75. Stand on a book and, supported between two chairs, raise each leg alternately and allow it to fall back with its own weight, swinging loosely.

CHAPTER XII

DEPORTMENT EXERCISES

WHEN the muscles have become attuned to the various exercises given, it will be noticed how pliant and supple the body has become. The spine seems to have taken on fresh youth, bending easily in all directions. It will be noticed how the waist line is brought more into play. Now is the time to focus attention on the poise and carriage of the body. An easy, graceful movement is well worth the little extra effort needed to acquire it.

EXERCISE 76 (Fig. 99). Stand erect, hands clasped behind head. At "one" raise the heels and bring left foot and right shoulder forward. At "two" advance by bringing right foot forward and left shoulder. Continue on tip-toe round the room.

EXERCISE 77 (Fig. 100). Stand erect, hands clasped on top of head, and raise heels. At "one" walk along two imaginary parallel lines running in front, by placing left foot on right line and right foot on left line. The toes must each time touch the floor before the heel. Continue for 20 paces, keeping the body upright.

EXERCISE 78 (Figs. 101, 102 and 103). Stand erect, arms hanging loosely at side. At "one" bring the right leg forward, toes pointing, simultaneously raising left arm. At "two" lower right leg, and raise left leg, flexing the knee, and balancing on right toes. At the same time raise the right arm in front with left arm stretched out backward. At "three," lower left leg, extending the right leg behind, arms simultaneously changing to opposite positions. At "four" return to first position. Repeat 12 times throughout.



Fig. 99. Right Shoulder and Left Leg Forward



FIG. 100. WALKING ALONG IMAGINARY PARALLEL LINES



FIG. 101. DEPORTMENT EXERCISE (1)



FIG. 102. DEPORTMENT EXERCISE (II)



FIG. 103. DEPORTMENT EXERCISE (III)—THE "FOLLOW THROUGH"

IMPORTANT POINTS TO REMEMBER

(1) Do not attempt to exercise immediately after a meal.

(2) Do not attempt to exercise if the body is restricted by clothing.

(3) The duration of exercises, if taken daily, need not exceed fifteen minutes. If performed only two or three times weekly, thirty to sixty minutes must be allowed.

(4) Commence at first with light exercises, taking half the time specified.

(5) When exercising for reduction, see that the muscles in the affected area are worked until moderately fatigued, but not sufficiently to tire them completely.

(6) Apply yourself mostly to the exercises which you find difficult, rather than those in which you are expert.

(7) The left side of the body generally needs the most attention.

(8) Never use heavy weights.

(9) Breathe deeply and evenly throughout the exercises. Fresh air always, please.

(10) Do not get despondent if at first you don't succeed. Results in gymnastics are slow, but they inevitably follow steady effort.

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